lemonfit
CHANGING LIVES

MAPA AULAS - SETEMBRO 2026

Póvoa Santa Iria

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Póvoa de Santa Iria | T. 21 959 5190 |
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SEGUNDA					TERÇA					QUARTA					QUINTA					SEXTA					SÁBADO					DOMINGO				
07:00	Cross Training	III	45'	CZ						07:00	Indoor Cycle	III	45'	CS	07:00	Yoga	II	45'	ST 2	07:00	Indoor Cycle	III	45'	CS									
07:00	Indoor Cycle	III	45'	CS						07:50	Core Fit	II	30'	ST 1	08:00	Abs Express		15'	CZ	08:00	Abs Express		15'	CZ	09:00	Yoga	II	45'	ST 2					
08:00	Abs Express		15'	CZ	08:00	Abs Express		15'	CZ	08:00	Abs Express		15'	CZ												10:00	Zumba	I	60'	ST 1				
																										10:30	Indoor Cycle	III	45'	CS				
09:15	Gap	II	45'	ST 1	09:15	Core Fit	II	30'	ST 1	09:15	Body Pump	II	45'	ST 1	09:15	Core Fit	II	30'	ST 1	09:15	Pilates	II	45'	ST 1	11:30	Body Pump	II	45'	ST 1					
					09:50	Stretching	I	45'	ST 1						09:50	Stretching	I	45'	ST 1															
13:15	Pilates	II	45'	ST 1	13:15	Local Fit	II	45'	ST 1	13:15	Pilates	II	45'	ST 1	13:15	Local Fit	II	45'	ST 1	13:15	Body Pump	II	45'	ST 1										
18:25	Local Fit	II	45'	ST 1	18:45	BodyCombat	III	30'	ST 1	18:25	Local Fit	II	45'	ST 1	19:00	BodyCombat	III	45'	ST 1	18:30	Yoga	II	45'	ST 1										
18:30	Yoga	II	45'	ST 2	19:00	Abs Express		15'	CZ	18:30	Nutritime		30'	RC	19:00	Abs Express		15'	CZ	19:00	Abs Express		15'	CZ										
19:00	Abs Express		15'	CZ	19:30	Pilates	II	45'	ST 2	19:00	Abs Express		15'	CZ	19:30	Pilates	II	45'	ST 2	19:30	Fat Burn	III	45'	ST 1										
19:20	Body Pump	II	45'	ST 1	19:30	Local Fit	II	45'	ST 1	19:20	Body Pump	II	45'	ST 1	19:30	Indoor Cycle	III	45'	CS	19:30	Indoor Cycle	III	45'	CS										
20:00	Abs Express		15'	CZ	19:30	Indoor Cycle	III	45'	CS	19:30	Indoor Cycle	III	45'	CS	20:00	Abs Express		15'	CZ	20:00	Abs Express		15'	CZ										
19:30	Indoor Cycle	III	45'	CS	20:00	Abs Express		15'	CZ	20:00	Abs Express		15'	CZ	20:00	Zumba	I	60'	ST 1															
20:15	Zumba	I	60'	ST 1	20:20	Fat Burn	III	45'	ST 1	20:20	Zumba	I	60'	ST 1	20:20	Pilates	II	45'	ST 2														
					20:20	Pilates	II	45'	ST 2																									

AULAS EXTRAS

12:15	Jiu-Jitsu	60'	ST 2	17:30	Jiu-jitsu Kids 1	45'	ST 2	12:15	Jiu-Jitsu	60'	ST 2	18:30	Jiu-jitsu Kids	45'	ST 2	12:15	Jiu-Jitsu	60'	ST 2	10:00	Muay Thai	120'	ST 3										
18:45	Karaté Kids	60'	ST 3	18:30	Jiu-jitsu Kids 2	45'	ST 2	18:30	Jiu-jitsu Juniores	45'	ST 2	19:00	Boxe	120'	ST 3	18:30	Jiu-jitsu Kids	45'	ST 2	10:30	Jiu-jitsu Juniores	45'	ST 2										
19:45	Karaté	60'	ST 2	19:00	Boxe	120'	ST 3	18:45	Karaté Kids	60'	ST 3	21:15	Jiu-Jitsu	60'	ST 2	18:30	Karaté Mix	60'	ST 3	11:30	Jiu-Jitsu	60'	ST 2										
20:00	Boxe	120'	ST 3	21:15	Jiu-Jitsu	60'	ST 2	19:45	Karaté	60'	ST 2							19:30	Jiu-Jitsu Juniores	45'	ST 2														
21:15	Jiu-Jitsu	60'	ST 2					20:00	Muay Thai	120'	ST 3							19:30	Jiu-Jitsu	45'	ST 2												
								21:15	Jiu-Jitsu	60'	ST 2							20:00	Muay Thai	120'	ST 3												

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

- Treino Localizado
- Treino Funcional
- Express
- Kids
- Treino Cardio-Respiratório
- Corpo e Mente
- Dança
- Treino Intervalado de Alta Intensidade
- Artes Marciais
- Nutrição

Marca as tuas aulas pela APP Lemonfit!

Available on the App Store | Get it on Google play

Níveis de Intensidade

- **I** - Intensidade Baixa
- **II** - Intensidade Moderada
- **III** - Intensidade Alta

Localização / Estúdio

ST 1	Estúdio 1	CZ	Cross Zone
ST 2	Estúdio 2	CS	Estúdio Cycle
ST 3	Estúdio 3		

RC Receção

LesMILLS Body Combat Body Pump | BB Barre Beats | ZUMBA | STRONG NATION