

SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA		SÁBADO		DOMINGO	
  		  		  		  		  		  		  	
07:15 Squeezed		45' SQZD 07:15 Total Conditioning		45' EST 2 07:15 HIIT		30' EST 2 07h50 CORE							
08:00 Abs Express		15' GYM 08:00 Abs Express		15' GYM 08:00 Abs Express		15' GYM 08:00 Abs Express		15' GYM 08:00 Abs Express		15' GYM			
09:45 Pilates		45' EST 1		09:30 Pilates		45' EST 1 09:30 Yoga		60' EST 1		10:15 Indoor Cycle		45' CYCL	
										10:30 Total Body		45' EST 2 10:30 Total Conditioning	
11:30 Abs Express		15' GYM 11:30 Abs Express		15' GYM 11:30 Abs Express		15' GYM 11:30 Abs Express		15' GYM 11:30 Abs Express		15' GYM 11:30 Pilates		45' EST 2 11:30 Indoor Cycle	

12h45 Squeezed	45' SQZD 13:00 Body Pump	45' EST2 12:30 Post. E Along.	45' EST 1 12:45 Pilates	45' EST 1 12:30 Post. E Along.	60' EST 1
		13:00 Nutritime	30' GYM 17:00 Nutritime	30' GYM	
17:30 Abs Express	15' GYM 17:30 Abs Express	15' GYM 17:30 Abs Express	15' GYM 17:30 Abs Express	15' GYM 17:30 Abs Express	15' GYM
18:30 Yoga	60' EST 1 18:30 Cardio Boxe	45' EST 2	18:30 Indoor Cycle	45' CYCL 18:15 Stretching	45' EST 1
18:30 Indoor Cycle	45' CYCL 19:15 Pilates	45' EST 1 18:45 GAP	45' EST 2		
19:00 Squeezed	45' SQZD 19:15 HIIT	45' SQZD 18:45 Indoor Cycle	45' CYCL 19:15 Pilates	45' EST 1 19:15 Squeezed	45' SQZD
19:15 Body Pump	45' EST 2 19:30 Indoor Cycle	45' CYCL 19:00 Yoga	60' EST 1 19:30 Squeezed	45' SQZD	
19:30 Zumba	45' EST 1 19:30 Fit Dance	45' EST 2			
20:30 Abs Express	15' GYM 20:30 Abs Express	15' GYM 20:30 Abs Express	15' GYM 20:30 Abs Express	15' GYM 20:30 Abs Express	15' GYM

AULAS EXTRAS					
18h00 FiTeen	45' SQZD 11:30 Pilates	45' EP	18:00 FiTeen	45' SQZD 12:30 Pilates	45' EP
11-15 anos			11-15 anos		
18:00 Fit Play	45' EST 2 17:00 Pilates	45' EP	18:15 Cross Kids	45' EST 2 14:00 Pilates	45' EP
6-10 anos			6-10 anos		
	18:00 Pilates	45' EP			
	19:00 Pilates	45' EP			

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

- Treino Localizado
- Treino Funcional
- Express
- Kids Card

- Treino Cardio-Respiratório
- Corpo e Mente
- Dança
- Kids Extra

- Treino Intervalo de Alta Intensidade
- Artes Marciais
- Nutrição
- Dança Infantil

Marca as tuas aulas pela APP Lemonfit!



Níveis de Intensidade

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

Localização / Estúdio

EST 1	Estúdio 1	SQZD	Squeezed	OUT	Outdoor
EST 2	Estúdio 2	GYM	Ginásio		
CYCL	Cycle	PISC	Piscina		