

SEGUNDA			TERÇA			QUARTA			QUINTA			SEXTA			SÁBADO			DOMINGO		
Horário	Atividade	Local	Horário	Atividade	Local	Horário	Atividade	Local	Horário	Atividade	Local	Horário	Atividade	Local	Horário	Atividade	Local	Horário	Atividade	Local
08:15	Skill X	45' SX	07:10	Hidroginástica	II 45' PISC	07:15	Local Fit	II 45' FIT 2	07:10	Hidroginástica	II 45' PISC	07:10	Hidroginástica	II 45' PISC	09:00	Yoga	I 45' FIT 1	10:00	Local Fit	II 45' FIT 2
08:30	Abs Express	15' GYM	07:15	Yoga	I 60' FIT 2	08:15	Skill X	45' SX	07:15	Boxing	II 45' FIT 1	08:10	Indoor Cycle	III 45' FIT 5	10:00	Step	45' FIT 2	11:00	Indoor Cycle	III 45' FIT 5
09:30	Yoga	I 60' FIT 2	07:15	Skill X	45' SX	08:30	Abs Express	15' GYM	07:15	Skill X	45' SX	08:15	Skill X	45' SX	10:50	Indoor Cycle	III 45' FIT 5	11:00	Gladiator	II 45' FIT 2
10:15	Pilates	I 45' FIT 1	08:10	Indoor Cycle	III 45' FIT 5	09:10	Power Gap	II 30' FIT 2	08:10	Indoor Cycle	III 45' FIT 5	08:30	Abs Express	15' GYM	11:00	Body Balance	I 45' FIT 1	11:15	Stretching	I 45' FIT 1
11:30	Abs Express	15' GYM	08:30	Abs Express	15' GYM	09:45	Yoga	I 60' FIT 2	08:30	Abs Express	15' GYM	09:20	Local Fit	III 45' FIT 2	11:00	Power Gap	III 45' FIT 2			
12:00	Hidroginástica	II 45' PISC	09:20	Local Fit	III 45' FIT 2	11:30	Abs Express	15' GYM	09:15	Power Gap	II 45' FIT 2	10:00	Yoga	I 60' FIT 1	11:30	Skill X	45' SX			
12:30	Abs Express	15' GYM	10:00	Nutritime	30' GYM	12:00	Hidroginástica	II 45' PISC	10:15	Pilates	I 45' FIT 1	11:30	Abs Express	15' GYM	12:00	Body Pump	III 45' FIT 2			
12:30	Body Cycle	III 60' FIT 2   FIT 5	11:30	Abs Express	15' GYM	12:15	Indoor Cycle	III 45' FIT 5	11:30	Abs Express	15' GYM	12:00	Hidroginástica	II 45' PISC	12:00	Boxing	II 45' FIT 1			
12:45	Skill X	45' SX	12:00	Skill X	45' SX	12:30	Abs Express	15' GYM	12:00	Skill X	45' SX	12:30	Abs Express	15' GYM						
13:00	Zumba Fitness	45' FIT 1	12:00	Pilates	I 45' FIT 2	12:45	Skill X	45' SX	12:30	Abs Express	15' GYM	12:30	Nutritime	30' GYM						
			12:30	Abs Express	15' GYM	13:00	Local Fit	III 45' FIT 2	12:30	Body Pump	III 45' FIT 2	12:30	Gladiator	II 45' FIT 1						
			12:30	Boxing	II 45' FIT 1				13:20	Cycle Express	III 30' FIT 5	12:45	Skill X	45' SX						
			13:00	Indoor Cycle	III 45' FIT 5							13:00	Body Cycle	III 60' FIT 2   FIT 5						
18:15	Body Balance	I 45' FIT 1	18:15	Bosu	II 30' FIT 2	18:30	Local fit	45' FIT 2	18:15	Fat Burn	III 30' FIT 2	18:30	Yoga	I 45' FIT 2						
18:30	Body Pump	III 45' FIT 2	18:30	Abs Express	15' GYM	18:30	Abs Express	15' GYM	18:30	Abs Express	15' GYM	18:30	Abs Express	15' GYM						
18:30	Abs Express	15' GYM	18:45	Skill X	45' SX	19:00	Indoor Cycle	III 45' FIT 5	18:45	Skill X	45' SX	19:00	Skill X	45' SX						
19:00	Skill X	45' SX	19:00	Indoor Cycle	III 45' FIT 5	19:00	Skill X	45' SX	19:00	Indoor Cycle	III 45' FIT 5	19:30	Zumba Fitness	60' FIT 2						
19:05	Fit Ball	II 45' FIT 1	19:00	Yoga	I 60' FIT 2	19:20	Body Pump	III 45' FIT 2	19:00	Yoga	I 60' FIT 2	19:30	Body Balance	II 45' FIT 1						
19:30	Indoor Cycle	III 45' FIT 5	19:20	Hidroginástica	II 45' PISC	19:30	Abs Express	15' GYM	19:20	Hidroginástica	II 45' PISC	19:30	Abs Express	15' GYM						
19:30	Abs Express	15' GYM	19:30	Abs Express	15' GYM	19:30	Pilates	II 45' FIT 1	19:30	Abs Express	15' GYM									
			20:10	Power Gap	45' FIT 2				20:10	Gladiator	II 45' FIT 2									

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

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

Marca as tuas aulas pela APP Lemonfit!

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

- Localização / Estúdio**
- |              |               |              |               |             |                |            |           |
|--------------|---------------|--------------|---------------|-------------|----------------|------------|-----------|
| <b>FIT 1</b> | Estúdio Fit 1 | <b>FIT 4</b> | Estúdio Fit 4 | <b>PISC</b> | Piscina        | <b>OUT</b> | Outdoor   |
| <b>FIT 2</b> | Estúdio Fit 2 | <b>FIT 5</b> | Estúdio Fit 5 | <b>SP</b>   | Studio Pilates | <b>AU</b>  | Auditório |
| <b>FIT 3</b> | Estúdio Fit 3 | <b>TERR</b>  | Terraço       | <b>SX</b>   | Skill X        |            |           |

