

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

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

Treino Localizado

Treino Funcional

Express

Kids

Treino Cardio-Respiratório

Corpo e Mente

Dança

Água

Treino Intervalo 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

FIT 1

Estúdio Fit 1

FIT 2

Estúdio Fit 2

FIT 3

Estúdio Fit 3

FIT 4

Estúdio Fit 4

FIT 5

Estúdio Fit 5

TERR

Terraço

PISC

Piscina

SP

Studio Pilates

SX

Skill X

OUT

Outdoor

AU

Auditório

LES MILLS

Body Combat

Body Pump

Body Balance

ZUMBA

BB

Body Balance

STRONG

XO

Latin Workout

DANCE

THE ACADEMY OF