



2ª | MON

9:00  **Walking Circuit**
(Helena Teixeira | 45 min) 

10:00  **Pilates**
(Helena Teixeira | 50 min) 

11:00  **Cycling**
(João Pais | 50 min) 

18:30  **YOURFIT Mind®**
(Helena Teixeira | 50 min) 

19:30  **Jump In**
(Carol Ramage | 50 min) 

3ª | TUE

8:00  **Tabata Training**
(João Pais | 50 min) 

9:00  **Mobility & Stretching**
(João Pais | 50min) 

10:00  **YOURFIT Pump®**
(Helena Teixeira | 50 min) 

11:10  **Zumba**
(Bela Pereira | 50 min) 

18:30  **B Tech**
(Carol Ramage | 45 min) 

19:15  **Cycling**
(Carol Ramage | 50 min) 

19:15  **Yoga**
(Tiago Boto | 1h30) 

4ª | WED



9:00  **Pilates**
(Helena Teixeira | 50 min) 

10:00  **Step**
(João Pais | 50 min) 

11:00  **Cycling**
(João Pais | 50 min) 

18:00  **TRX**
(João Pais | 50 min) 

18:30  **Circuit Training**
(Ricardo Eusébio | 45 min) 

19:00  **Cycling**
(Eliana Silva | 50 min) 

19:00  **Yoga**
(Tiago Boto | 1h30) 

5ª | THU

8:00  **Cycling**
(João Pais | 50 min) 

9:00  **B Fit**
(João Pais | 50 min) 

10:00  **SOS Back**
(Helena Teixeira | 50 min) 

18:30  **Tabata Training**
(João Pais | 50 min) 



19:30  **Step**
(João Pais | 50 min) 

6ª | FRI

9:00  **YOURFIT Pump®**
(Helena Teixeira | 50 min) 

10:00  **YOURFIT Mind®**
(Helena Teixeira | 50 min) 







11:00  **Cycling**
(João Pais | 50 min) 

18:00  **Bumbum + Abs**
(Eliana Silva | 50 min) 

SÁB | SAT

10:00  **Jump In**
(Carol Ramage | 50 min) 

11:00  **TRX**
(João Pais | 50 min) 

-  **Alto Impacto | High Impact**
-  **Médio Impacto | Medium Impact**
-  **Baixo Impacto | Low Impact**
-  **Cardio**
-  **Foco e Tonificação Muscular | Focus and Muscle Tone**
-  **Ritmos e Coreografia | Rhythms and Choreography**