






































2ª | MON

9:00		Pilates (Helena Teixeira 50 min)	
9:30		Hidroginástica (Lara Caldeira 50 min)	
10:00		Aerobic Mix (Bela Pereira 50 min)	
11:00		Pilates (Helena Teixeira 50 min)	
11:00		Cycling (João Pais 50 min)	
18:30		GAP (Lúcia Marta 50 min)	
19:30		Jump In (Carol Ramage 50 min)	

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)	








3ª | TUE

8:00		Tabata Training (João Pais 50 min)	
9:00		Mobility & Stretching (João Pais 50 min)	
10:00		YourFit Pump® (Helena Teixeira 50 min)	
11:00		Zumba (Bela Pereira 50 min)	
18:30		B Tech (Carol Ramage 45 min)	
19:15		Cycling (Carol Ramage 50 min)	
19:15		Yoga (Daisy Shemilt 1h30)	

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)	
19:00		Yoga (Daisy Shemilt 1h30)	

4ª | WED

9:00		Pilates (Helena Teixeira 50 min)	
9:30		Hidroginástica (Lara Caldeira 50 min)	
10:00		Step (João Pais 50 min)	
11:00		Cycling (João Pais 50 min)	
18:00		TRX (João Pais 50 min)	
19:00		Cycling (Eliana Silva 50 min)	

SÁB | SAT

10:00		Jump In (Carol Ramage 50 min)	
11:00		TRX (João Pais 50 min)	

-  Treino Cardio | *Cardio Workout*
-  Treino de Força | *Strength Training*
-  Treino Funcional | *Functional Training*
-  Flow (Corpo e Mente | *Body & Mind*)
-  Ritmos e Coreografia | *Rhythms and Choreography*

Este horário está sujeito a alterações sem aviso prévio.
This timetable is subject to change without prior advice.