



















Segunda | Monday

9:00		Walking Circuit (Helena Teixeira 30 min)	□
9:45		Pilates (Helena Teixeira 50 min)	□
11:00		Zumba (Bela Pereira 50 min)	🎵
11:00		Indoor Cycling (João Pais 50 min)	❤️
18:30		B Balance (Helena Teixeira 50 min)	□
19:40		Jump In (Carol Ramage 50 min)	❤️







Terça | Tuesday

7:50		Tabata Training (João Pais 50 min)	▬▬▬
9:00		Mobility & Stretching (João Pais 50min)	□
10:10		B Pump (Helena Teixeira 50 min))	👉
18:30		B Tech (Carol Ramage 45 min)	▬▬
19:15		Bootcamp (50 min)	▬▬▬
19:15		Indoor Cycling (Carol Ramage 50 min)	❤️







Quarta | Wednesday

9:00		Pilates (Helena Teixeira 50 min)	□
10:10		Step (João Pais 50 min)	🎵
11:00		Indoor Cycling (João Pais 50 min)	❤️
18:00		TRX (João Pais 50 min)	▬▬
19:15		Indoor Cycling (Eliana Silva 50 min)	❤️
19:15		Yoga (Tiago Boto 1h30)	□

Quinta | Thursday

7:50		Indoor Cycling (João Pais 50 min)	❤️
9:00		B Fit (João Pais 50 min)	▬▬
10:10		Piloxing KO (Bela Pereira 50 min)	▬▬▬
11:00		SOS Back (Helena Teixeira 50 min)	□
18:30		Tabata Training (João Pais 50 min)	▬▬▬
19:40		Step (João Pais 50 min)	🎵

Sexta | Friday

9:00		B Pump (Helena Teixeira 50 min)	👉
10:10		B Balance (Helena Teixeira 50 min)	□
11:00		Indoor Cycling (João Pais 50 min)	❤️
18:30		Bumbum Fit (Eliana Silva 30 min)	👉
19:15		Bootcamp (50 min)	▬▬▬
19:15		Yoga (Tiago Boto 1h15)	□

Sábado | Saturday

9:45		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*

- Este horário está sujeito a alterações sem aviso prévio. As aulas poderão ser alteradas ou canceladas nos Feriados.
- *This timetable is subject to change without prior advice. Classes may be altered or cancelled on Public Holidays.*