

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 | 30 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)

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

- As aulas serão realizadas no exterior, sempre que possível. Este horário está sujeito a alterações sem aviso prévio.
- *Classes will be held outside whenever possible. This timetable is subject to change without prior advice.*