

Seg | Mon

Ter | Tue

Qua | Wed

Qui | Thu

Sex | Fri

Sáb | Sat

7:50

Tabata Training
(João Pais | 50 min)

Indoor Cycling New!
(João Pais | 50 min)

B Attack
(Cynthia Barboza | 50 min)

9:00

Mobility & Stretching
(João Pais | 50min)

Pilates
(Helena Teixeira | 50 min)

Mobility & Stretching
(João Pais | 50 min)

B Balance
(Helena Teixeira | 50 min)

9:45

Pilates New!
(Helena Teixeira | 50 min)

Jump In
(Carol Ramage | 50 min)

10:10

B Pump
(Helena Teixeira | 50 min)

Zumba Step
(Elizabeth Branco | 50 min)

Piloxing KO
(Bela Pereira | 50 min)

B Pump
(Helena Teixeira | 50 min)

11:00

Zumba New!
(Bela Pereira | 50 min)

Indoor Cycling
(João Pais | 50 min)

Indoor Cycling
(João Pais | 50 min)

TRX
(João Pais | 50 min)

Indoor Cycling
(João Pais | 50 min)

18:00

TRX
(João Pais | 50 min)

18:30

B Balance
(Helena Teixeira | 50 min)

B Tech
(Carol Ramage | 50 min)

Tabata Training
(João Pais | 50 min)

Bumbum Fit New!
(Eliana Silva | 30 min)

19:00

Core New!
(João Pais | 30 min)

19:15

Yoga
(Tiago Boto | 1h30)

Yoga
(Tiago Boto | 1h15)

Indoor Cycling New!
(Eliana Silva | 50 min)

19:40

Jump In
(Carol Ramage | 50 min)

Indoor Cycling
(Carol Ramage | 50 min)

Indoor Cycling New!
(Tracy Sutherland | 50 min)

Step New!
(João Pais | 50 min)

Informamos que:

- As aulas poderão ser realizadas ao ar livre ou nos estúdios.
- Este horário está sujeito a alterações sem aviso prévio.
- As aulas poderão ser alteradas ou canceladas nos Feriados.

Please be informed:

- Classes may be held outdoors or indoors.
- This timetable is subject to change without prior advice.
- Classes may be altered or cancelled on Public Holidays.