



Seg | Mon

Ter | Tue

Qua | Wed

Qui | Thu

Sex | Fri

Sáb | Sat

8:00

Indoor Cycling
(João Pais | 50 min)

Indoor Cycling
(João Pais | 50 min)

9:00

B Pump
(Cynthia Barboza | 1h)

Tabata Training
(João Pais | 50 min)

B Pump
(Cynthia Barboza | 1h)

B Fit
(João Pais | 50 min)

Mobility & Stretching
(Bela Pereira | 45 min)

Hip Hop
(João Pais | 45 min)

10:00

Pound Fit
(Bela Pereira | 50 min)

Pilates
(Catarina Guedes | 50 min)

Pilates
(Catarina Guedes | 50 min)

Piloxing
(Bela Pereira | 50 min)

Pilates
(Catarina Guedes | 50 min)

Jump In
(Carol Ramage | 50 min)

Hidroginástica
(Alexandra Araújo | 1h)

Hidroginástica
(Alexandra Araújo | 1h)

Hidroginástica
(Alexandra Araújo | 1h)

11:00

Zumba
(Bela Pereira | 1h)

Zumba
(Martina Reis | 1h)

Indoor Cycling
(João Pais | 50 min)

TRX Crosscore
(João Pais | 1h)

Indoor Cycling
(João Pais | 50 min)

Indoor Cycling
(João Pais | 50 min)

18:00

ABS
(Telma Mendonça | 30 min)

Circuit Training
(João Pais | 1h)

18:30

Pilates
(Catarina Guedes | 50 min)

B Pump
(Telma Mendonça | 1h)

Tabata Training
(João Pais | 1h)

Pilates
(Catarina Guedes | 50 min)

19:00

Mobility & Stretching
(João Pais | 30 min)

Hidroterapia
(Verónica Martins | 1h)

19:30

Jump In
(Carol Ramage | 1h)

B Strong
(Telma Mendonça | 1h)

Yoga
(Tiago Boto | 1h30)

B Step
(João Pais | 1h)

Yoga
(Tiago Boto | 1h30)

Indoor Cycling
(Carol Ramage | 50 min)

Indoor Cycling
(Cátia Santos | 50 min)

Indoor Cycling
(Carol Ramage | 50 min)

Informamos que:

- Este horário está sujeito a alterações sem aviso prévio.
- Não há Aulas de Fitness nos Feriados Públicos.

Please be informed:

- This timetable is subject to change without prior advice.
- There are no Fitness Classes on Public Holidays.

Website

brownssportsresort.com

Browns' Health Club

[Facebook.com/groups/brownshealthclub](https://www.facebook.com/groups/brownshealthclub)