

Seg | Mon

Ter | Tue

Qua | Wed

Qui | Thu

Sex | Fri

Sáb | Sat

8:00

Tabata Training
(João Pais | 50 min)

Rise & Shine
(João Pais | 50 min)

B Attack New!
(Cynthia Barboza | 50 min)

9:10

Pilates
(Cynthia Barboza | 50 min)

Mobility & Stretching
(João Pais | 50min)

Pilates
(Cynthia Barboza | 50 min)

Mobility & Stretching
(João Pais | 50 min)

B Balance New!
(Telma Mendonça | 50 min)

9:45

Jump In
(Carol Ramage | 50 min)

10:10

Zumba New!
(Martina Reis | 50 min)

Zumba Step New!
(Elizabeth Branco | 50 min)

B Pump New!
(Telma Mendonça | 50 min)

11:00

Indoor Cycling
(João Pais | 50 min)

Indoor Cycling
(João Pais | 50 min)

Indoor Cycling
(João Pais | 50 min)

TRX
(João Pais | 50 min)

18:00

TRX
(João Pais | 50 min)

18:30

B.Tech
(Carol Ramage | 40 min)

Tabata Training
(João Pais | 50 min)

19:15

Yoga
(Tiago Boto | 1h30)

Yoga
(Tiago Boto | 1h30)

19:30

Jump In
(Carol Ramage | 50 min)

Indoor Cycling
(Carol Ramage | 50 min)

Indoor Cycling
(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.
- Não há Aulas de Fitness nos Feriados Públicos.

Please be informed:

- Classes may be held outdoors or indoors.
- 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)