

## 2ª | MON

9:00  **Walking Circuit**  
(Helena Teixeira | 30 min) 

9:45  **Pilates**  
(Helena Teixeira | 50 min) 

11:00  **Cycling**  
(João Pais | 50 min) 

18:30  **YOURFIT Mind®**  
(Helena Teixeira | 50 min) 

19:40  **Jump In**  
(Carol Ramage | 50 min) 

## 3ª | TUE

7:50  **Tabata Training**  
(João Pais | 50 min) 

9:00  **Mobility & Stretching**  
(João Pais | 50min) 

10:10  **YOURFIT Pump®**  
(Helena Teixeira | 50 min) 

11:15  **Zumba**  
(Bela Pereira | 50 min) 

18:30  **B Tech**  
(Carol Ramage | 45 min) 

19:15  **Cycling**  
(Carol Ramage | 50 min) 

19:30  **Yoga**  
(Tiago Boto | 1h30) 

## 4ª | WED

9:00  **Pilates**  
(Helena Teixeira | 50 min) 

10:10  **Step**  
(João Pais | 50 min) 

11:00  **Cycling**  
(João Pais | 50 min) 

18:00  **TRX**  
(João Pais | 50 min) 

18:30  **Circuit Training**  
(Ricardo Eusébio | 45 min) 

19:15  **Cycling**  
(Eliana Silva | 50 min) 

19:15  **Yoga**  
(Tiago Boto | 1h30) 

## 5ª | THU

8:00  **Cycling**  
(João Pais | 50 min) 

9:00  **B Fit**  
(João Pais | 50 min) 

10:10  **SOS Back**  
(Helena Teixeira | 50 min) 

18:30  **Tabata Training**  
(João Pais | 50 min) 



19:40  **Step**  
(João Pais | 50 min) 

## 6ª | FRI

9:00  **YOURFIT Pump®**  
(Helena Teixeira | 50 min) 

10:10  **YOURFIT Mind®**  
(Helena Teixeira | 50 min) 







11:00  **Cycling**  
(João Pais | 50 min) 

18:30  **Bumbum + Abs**  
(Eliana Silva | 50 min) 

## SÁB | SAT

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**