

MAPA DE AULAS DE GRUPO | AGOSTO 21



	2ª FEIRA	EST.	3ª FEIRA	EST.	4ª FEIRA	EST.	5ª FEIRA	EST.	6ª FEIRA	EST.	SÁBADO	EST.	DOMINGO	EST.		
07:05	# CT (WOD) 60' *	OUT.2	# CT (WOD) 60' *	OUT.2	# CT (WOD) 60' *	OUT.2			# CT (WOD) 60' *	OUT.2						
07:15	Open Bike ICG® 45'	EST.002	Open H.E.A.T.® 30'	SES	Open Bike ICG® 45'	EST.002	Open H.E.A.T.® 30'	SES	Open Bike ICG® 45'	EST.002	09:30	Synrgy CORE 20'	SES	09:30	SG ABS 10'	SES
09:00	Synrgy STAMINA 20'	SES	Open Bike ICG® 45'	EST.002	Synrgy HIIT 20'	SES	Open Bike ICG® 45'	EST.002	Synrgy PHA 20'	SES	10:00	Open H.E.A.T.® 30'	H.E.A.T.	10:00	Open H.E.A.T.® 30'	H.E.A.T.
09:30	Open H.E.A.T.® 30'	H.E.A.T.			Open H.E.A.T.® 30'	H.E.A.T.			Open H.E.A.T.® 30'	H.E.A.T.	10:30	Yoga 60'	EST.1	10:30	Synrgy STRENGTH 20'	SES
			10:30	R.O.M. 45'	EST.2				Open H.E.A.T.® 30'	H.E.A.T.	10:30	SG HIIT 20'	SES	12:00	Open Bike ICG® 45'	EST.002
11:00	Open Bike ICG® 45'	EST.002	11:00	Synrgy STRENGTH 20'	SES	11:00	Open Bike ICG® 45'	EST.002	Open Bike ICG® 45'	EST.002	11:15	Open Bike ICG® 45'	EST.002			
12:00	SG ABS 10'	SES							SG ABS 10'	SES						
12:30	Local FIT 30'	EST.2	12:30	Open Bike ICG® 45'	EST.002	12:30	Local FIT 30'	EST.2	Local FIT 30'	EST.2						
13:05	Synrgy STRENGTH 20'	SES	13:00	# BOXE 60'	EST.1	13:00	# BOXE 60'	EST.1	Synrgy STRENGTH 20'	SES						
13:10	Open Bike ICG® 45'	EST.002	13:05	Synrgy CORE 20'	SES	13:10	Bike ICG® 45'	EST.002	Open Bike ICG® 45'	EST.002						
17:00	Synrgy HIIT 20'	SES	17:00	SG HIIT 30'	OUT.1	17:00	Synrgy STAMINA 20'	SES	Synrgy CORE 20'	SES						
17:30	Open Bike ICG® 45'	EST.002	17:30	Open Bike ICG® 45'	EST.002	17:30	Open Bike ICG® 45'	EST.002	Open Bike ICG® 45'	EST.002						
			18:30	Open H.E.A.T.® 30'	H.E.A.T.	18:45	Open Bike ICG® 45'	EST.002	Open H.E.A.T.® 30'	H.E.A.T.						
18:45	Open Bike ICG® 45'	EST.002	18:45	Gluteos 30'	EST.2				HIIT 30'	EST.2						
19:00	Local FIT 45'	EST.2	19:00	Bike ICG® 45'	EST.002	19:00	Local FIT 45'	EST.2	Local FIT 45'	EST.2						
19:15	Yoga 45'	EST.1	19:00	Pilates 45'	EST.1	19:15	Yoga 45'	EST.1	Pilates 45'	EST.1						
19:15	Open H.E.A.T.® 30'	H.E.A.T.				19:15	Open H.E.A.T.® 30'	H.E.A.T.	Open Bike ICG® 45'	EST.002						
			19:30	Circuito FIT 30'	EST.2				Gluteos 30'	EST.2						
20:00	Open Bike ICG® 45'	EST.002				20:00	Open Bike ICG® 45'	EST.002	Bike ICG® 45'	EST.002						
20:15	# BOXE 60'	EST.1				20:15	# BOXE 60'	EST.1								

Legenda:

Aula exclusiva dos planos XL e XXL. As modalidades de Cross Training "CT" são exclusivas do Plano XXL

* Aula enquadrada na modalidade de Cross Training

Outras notas relevantes:

- FIT IT KIDS e DANCE KIDS são modalidades exclusivas para crianças dos 6 aos 14 anos.
- As atividades encerram às 21:00 horas de segunda a sexta-feira e 13:30 horas ao fim de semana e feriados.
- O FIT IT reserva o direito de poder eliminar ou alterar a oferta de aulas de grupo sem aviso prévio.