

MAPA DE AULAS DE GRUPO | OUTUBRO 21



MANHÃ

TARDE

NOITE

	SEGUNDA FEIRA	EST	TERÇA FEIRA	EST	QUARTA FEIRA	EST	QUINTA FEIRA	EST	SEXTA FEIRA	EST	SÁBADO	EST	DOMINGO	EST	FERIADO 05/10/21	EST							
07:05	# CT (WOD) 60' *	BOX	# CT (WOD) 60' *	BOX	# CT (WOD) 60' *	BOX			# CT (WOD) 60' *	BOX	09:15	# CALISTENIA 30' *	BOX		09:00	VIRTUAL BIKE ICG® 45'	EST. BIKE						
07:15	VIRTUAL BIKE ICG® 45'	EST. BIKE	Funcional FIT 45'	EST.2	VIRTUAL BIKE ICG® 45'	EST. BIKE	07:15	Funcional FIT 45'	EST.2	07:15	VIRTUAL BIKE ICG® 45'	EST. BIKE	10:00	STRETCH 10'	ATRUM	10:00	SYNRGY CORE 20'	ATRUM	09:45	# H.E.A.T.® 45'	H.E.A.T.		
			08:10	# H.E.A.T.® 45'	H.E.A.T.					08:10	# H.E.A.T.® 45'	H.E.A.T.	10:00	# CT (WOD) 60' *	BOX	10:00	Funcional FIT 45'	EST.2	10:00	# CT (WOD) 60' *	BOX		
09:00	CALISTENIA 20'	OUT	09:00	VIRTUAL BIKE ICG® 45'	EST. BIKE	09:00	STRETCH 20'	OUT	09:00	VIRTUAL BIKE ICG® 45'	EST. BIKE	09:00	Yoga 60'	EST.1		10:00	Pilates 45'	EST.1	10:00	Pilates 45'	EST.1		
10:00	SYNRGY STAMINA 20'	ATRUM	10:00	SYNRGY STRENGTH 20'	ATRUM	10:00	SYNRGY HIIT 20'	ATRUM	10:00	SYNRGY POWER 20'	ATRUM	10:00	Local FIT 45'	EST.2	11:30	# H.E.A.T.® 45'	H.E.A.T.	10:45	Local FIT 45'	EST.2	10:45	Local FIT 45'	EST.2
10:00	Yoga 45'	EST.1				10:00	Yoga 45'	EST.1				11:15	Bike ICG® 45'	EST. BIKE		11:15	Bike ICG® 45'	EST. BIKE	11:15	Bike ICG® 45'	EST. BIKE		
10:30	Circuito Fit 45'	EST.2				10:30	Circuito Fit 45'	EST.2			10:30	Circuito Fit 45'	EST.2	11:30	# BOXE 60'	EST.1				11:30	# BOXE 60'	EST.1	
11:00	VIRTUAL BIKE ICG® 45'	EST. BIKE				11:00	VIRTUAL BIKE ICG® 45'	EST. BIKE			11:00	VIRTUAL BIKE ICG® 45'	EST. BIKE	12:15	VIRTUAL BIKE ICG® 45'	EST. BIKE	12:15	VIRTUAL BIKE ICG® 45'	EST. BIKE				
			12:30	Pilates 60'	EST.2						12:30	Pilates 60'	EST.2										
12:30	Local FIT 50'	EST.2 SES	12:30	VIRTUAL BIKE ICG® 30'	EST. BIKE	12:30	Local FIT 30'	EST.2	12:30	VIRTUAL BIKE ICG® 30'	EST. BIKE	12:30	Local FIT 50'	EST.2 SES									
			13:00	# BOXE 60'	EST.1						12:45	# H.E.A.T.® 45'	H.E.A.T.										
13:10	VIRTUAL BIKE ICG® 45'	EST. BIKE	13:10	Bike ICG® 45'	EST. BIKE	13:10	Bike ICG® 45'	EST. BIKE	13:00	# BOXE 60'	EST.1	13:10	VIRTUAL BIKE ICG® 45'	EST. BIKE									
15:00	ABDOMINAL (ABS) 10'	ATRUM	15:00	STRETCH 10'	ATRUM	15:00	ABDOMINAL (ABS) 10'	ATRUM	15:00	STRETCH 10'	ATRUM	15:00	ABDOMINAL (ABS) 10'	ATRUM									
17:00	SYNRGY HIIT 20'	ATRUM	17:00	SYNRGY POWER 20'	ATRUM	17:00	SYNRGY PHA 20'	ATRUM	17:00	SYNRGY STRENGTH 20'	ATRUM	17:00	SYNRGY STAMINA 20'	ATRUM									
17:30	FIT KIDS 45'	BOX	17:30	FIT KIDS 45'	BOX	17:30	FIT KIDS 45'	BOX	17:30	DANCE KIDS 45'	EST.2												
17:30	VIRTUAL BIKE ICG® 45'	EST. BIKE	17:30	VIRTUAL BIKE ICG® 45'	EST. BIKE	17:30	VIRTUAL BIKE ICG® 45'	EST. BIKE	17:30	VIRTUAL BIKE ICG® 45'	EST. BIKE	17:30	VIRTUAL BIKE ICG® 45'	EST. BIKE									
			18:15	R.O.M. 45'	BOX						18:15	R.O.M. 45'	BOX										
18:30	# Yoga Suspenso 45'	EST.1	18:30	Combat FIT 30'	EST.2	18:30	Yoga 45'	EST.1	18:30	Combat FIT 30'	EST.2	18:30	Mobilidade FIT 30'	EST.1									
18:30	Insanity® 45'	EST.2	18:30	Pilates 45'	EST.1	18:30	Insanity® 45'	EST.2	18:30	Pilates 45'	EST.1												
18:45	VIRTUAL BIKE ICG® 45'	EST. BIKE				18:45	VIRTUAL BIKE ICG® 45'	EST. BIKE				18:45	VIRTUAL BIKE ICG® 45'	EST. BIKE									
19:15	# H.E.A.T.® 45'	H.E.A.T.	19:15	# CT (WOD) 60' *	BOX	19:15	# H.E.A.T.® 45'	H.E.A.T.	19:15	# CT (WOD) 60' *	BOX	19:15	# CT (WOD) 60' *	BOX									
			19:15	Gluteos FIT 30'	EST.2							19:15	Yoga 45'	EST.1									
19:30	Pilates 45'	EST.1	19:30	Bike ICG® 45'	EST.1	19:30	Pilates 45'	EST.1	19:30	Bike ICG® 45'	EST.1												
19:30	Local FIT 45'	EST.2	19:30	Yoga 45'	EST.1	19:30	Local FIT 45'	EST.2	19:30	# Yoga Suspenso 45'	EST.1	19:30	Local FIT 45'	EST.2									
20:00	VIRTUAL BIKE ICG® 45'	EST. BIKE	20:00	ZUMBA 45'	EST.2	20:00	VIRTUAL BIKE ICG® 45'	EST. BIKE	20:00	ZUMBA 45'	EST.2	20:00	VIRTUAL BIKE ICG® 45'	EST. BIKE									
20:30	FIT Dance 45'	EST.2				20:30	FIT Dance 45'	EST.2															
20:30	# BOXE 60'	EST.1	20:30	# POLE Dance 60'	EST.1	20:30	# BOXE 60'	EST.1	20:30	# POLE Dance 60'	EST.1												

Legendas

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.

Notas importantes

As atividades encerram às 22:00 horas, de segunda a sexta-feira e às 13:30 horas aos finais de semana e feriados.

O FIT IT reserva o direito de poder eliminar e/ou alterar a oferta das AULAS DE GRUPO sem aviso prévio.

O FIT IT segue as orientações actualizadas pela DGS.