

FITNESS•CLUB

Somos, Sentimos e Vivemos Braga

HORÁRIO

Aulas de grupo

LEGENDA

E1 - Estúdio 1

E2 - Estúdio 2

EB - Estúdio Bike

P - Piscina

C - Cárdio

 FLEX 15' Flexibilidade

 ABS 15' Abdominais

* Aulas complementares

 SHAPE Início a 15 de Setembro

HORÁRIO DE FUNCIONAMENTO

Segunda a Sexta-feira

07:00h às 22:00h

Sábado

9:00h às 19:00h

Domingo













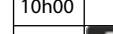





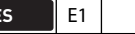









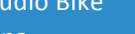




















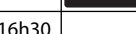
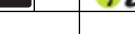




















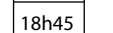







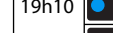










9:00h às 13:00h

Segue-nos em:

 facebook.com/fitnessclubbraga

 instagram.com/fitnessclubbraga

www.fitnessclub.pt

HORA	SEGUNDA	LOCAL	TERÇA	LOCAL	QUARTA	LOCAL	QUINTA	LOCAL	SEXTA	LOCAL	SÁBADO	LOCAL	DOMINGO	LOCAL
07h30	 Bike Indoor 45'	EB	 ABS	C	 BODYPUMP 45'	E1	 ABS	C	 wtf	C				
08h30									 HIDRO	P				
09h00	 HIDRO	P			 HIDRO	P								
09h15	 ZUMBA	E2	 GAP	E1	 Bike Indoor	EB	 BODYSTEP	E1	 BODYCOMBAT	E1				
09h30	 BODYPUMP 30'	E1	 HIDRO	P	 wtf	C			 HIDRO	P				
10h00							 HIDRO	P						
10h15	Bike•Hiit	EB	 POWER	E2	 BODYATTACK	E1	 BODYPUMP	E1	 BODYBALANCE	E1	 ABS	C	 ABS	C
	 PILATES	E1			 PILATES	E2								
10h30	 HIDRO	P	 FLEX	C	 HIDRO	P	 FLEX	C	 ABS	C	 Bike Indoor	EB	 Bike Indoor	EB
			 HidroPilates	P	 ABS	C			 HidroPilates	P	 ZUMBA kids	E1*		
10h45	 CORE 30'	E2												
11h30	 FLEX	C	 ABS	C	 FLEX	C	 ABS	C	 FLEX	C	 GAP	E1	 BODYBALANCE	E1
							 HIDRO	P			 HIDRO	P	 HIDRO	P
11h45											 POWER	E2	 ABS	C
12h30	 BODYPUMP	E1	Bike•Hiit	EB	 GAP	E1	 BODYATTACK	E1	 Bike Indoor	EB	 FLEX	C	 FLEX	C
			 HIDRO	P					 HIDRO	P				
13h15	 ABS	C	 ABS	C	 FLEX	C	 ABS	C	 FLEX	C				
16h00	 ABS	C	 ZUMBA	E1	 ABS	C	 GAP	E1	 FLEX	C				
16h30											 ZUMBA	E1		
17h15	 ABS	C	 FLEX	C	 ABS	C	 FLEX	C	 ABS	C	 ABS	C	 ABS	C
17h30			 HIDRO	P	 BODYBALANCE	E2	 HIDRO	P	 SHAPE	E1	 BODYPUMP	E1	 HIDRO	P
18h15	Bike•Hiit	EB	 wtf	C										
18h30	 BODYSTEP	E1	Bike•Hiit	EB	 GAP	E1	 Bike Indoor	EB	 BODYPUMP	E1				
			 ZUMBA kids	E1*										
18h45					 POWER	E2			 ZUMBA	E2				
19h00	 POWER	E2	 BODYCOMBAT	E2	 HIDRO	P	 BODYATTACK	E1	Bike•Hiit	EB	 HIDRO	P		
	 HIDRO	P					 BODYBALANCE	E2	 HIDRO	P				
19h10	 Bike Indoor	EB	Bike•Hiit	EB	 Bike Indoor	EB	 FLEX	C	 FLEX	C				
	 ABS	C	 ABS	C	 ABS	C								
19h30	 BODYPUMP	E1	 BODYSTEP	E1	 BODYPUMP	E1	 Bike Indoor	EB	 CORE 30'	E2	 PILATES	E1		
									 HIDRO	P				
19h45	 FLEX	C			 FLEX	C	 wtf	C						
20h00	 BODYBALANCE	E2	 SHAPE	E2	 ZUMBA	E2	 BODYCOMBAT	E2	 POWER	E2				
	 NATAÇÃO ADULTOS	P	 Bike Indoor	EB			 CORE 30'	E1	 NATAÇÃO ADULTOS	P				
			 HIDRO	P			 HIDRO	P						
20h10	 ABS	C	 FLEX	C	 HidroPilates	P			 FLEX	C				
	Bike•Hiit	EB							Bike•Hiit	EB				
20h30	 ZUMBA	E1	 GAP	E1	 Bike Indoor	EB	 BODYPUMP	E1						
					 PILATES	E1								
21h15	 FLEX	C	 ABS	C	 ABS	C	 FLEX	C	 ABS	C				