

MAPA DE AULAS ÁGUEDA

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

DOMINGO

07:05	LOCALIZADA 45'	CYCLING 45'	BODYPUMP 45'	CYCLING 45'	BODYATTACK 45'		
08:00	XPRESS ABS 15'	XPRESS HITT 15'	XPRESS ABS 15'	XPRESS HITT 15'	XPRESS ABS 15'		
09:00	PILATES 45'	XPRESS CROSS TRAINING 15'	PILATES 45'	XPRESS ABS 15'	XPRESS GP 15'		
10:00	CROSS TRAINING 30'	PILATES 45'	LOCALIZADA 45'	PILATES 45'	BODYBALANCE 45'	10:30 CYCLING 45'	XPRESS CROSS TRAINING 15'
11:00	XPRESS HITT 15'	XPRESS ABS 15'	XPRESS ABS 15'	XPRESS ABS 15'	XPRESS HITT 15'		XPRESS ABS 15'
12:45	XPRESS ABS 15'	ABS 30'	XPRESS CROSS TRAINING 15'	BODYATTACK 30'	BODYPUMP 30'		
16:00	XPRESS ABS 15'	XPRESS HITT 15'	XPRESS CROSS TRAINING 15'	XPRESS GP 15'	XPRESS ABS 15'	XPRESS CROSS TRAINING 15'	
17:00	XPRESS CROSS TRAINING 15'	XPRESS GP 15'	XPRESS ABS 15'	XPRESS HITT 15'	XPRESS CROSS TRAINING 15'	XPRESS ABS 15'	
17:45	BODYPUMP 30'	BODYSTEP 30'	GP 30'	CROSS TRAINING 30'	ABS 30'		
18:30	ZUMBA 45'	POWERJUMP 45'	BODYATTACK 45'	PILATES 45'	LOCALIZADA 45'		
	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'		
19:30	PILATES 45'	LOCALIZADA 45'	BODYPUMP 45'	ZUMBA 45'	CROSS TRAINING 45'		
	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'		
20:30	BODYATTACK 30'	XPRESS CROSS TRAINING 15'	BODYBALANCE 30'	POWERJUMP 30'			
21:00	XPRESS CROSS TRAINING 15'	XPRESS ABS 15'	XPRESS CROSS TRAINING 15'	XPRESS ABS 15'	XPRESS CROSS TRAINING 15'		

AULAS DE TONIFICAÇÃO AULAS DE CARDIO AULAS DE BODY & MIND AULAS DE CARDIO & TONIFICAÇÃO

HORÁRIO DE FUNCIONAMENTO
 SEGUNDA A SEXTA 07:00H ÀS 22:00
 SÁBADO E FERIADOS 09:00H ÀS 19:00
 DOMINGO 09:00H ÀS 13:00H

RESERVA DE AULAS
 ATRAVÉS DA
APP SPORTS GO
 QUIOSQUE NO GINÁSIO