

SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA		SÁBADO		DOMINGO	
  		  		  		  		  		  		  	
07:15 Squeezed		45' SQZD		07:15 Cardio Boxe		45' EST 2		07:15 Squeezed		45' SQZD			
08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM				
										09:30 Local Fit	45' EST 2		
09:30 Post. E Along	45' EST 1	09:45 CoreFlow	60' EST 1	09:30 Pilates	45' EST 1	09:30 Yoga	60' EST 2			10:30 Indoor Cycle	45' CYCL		
										10:20 AeroStep	45' EST 2	10:30 Body Pump	45' EST 2
11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:20 Post. Along.	45' EST 2	11:30 Indoor Cycle	45' CYCL
12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM				
12:45 Squeezed	45' SQZD	12:30 Local Fit	45' EST 2	12:30 Post. E Along.	45' EST 1	12:30 Circuito Fit	45' SQZ	12:30 Post. E Along.	45' EST 1				
				15:30 Nutritime	30' GYM			15:30 Nutritime	30' GYM				
17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM				
18:30 Yoga	45' EST 1	18:30 Indoor Cycle	45' CYCL	18:15 LocalFit	45' EST 2	18:30 Cardio Boxe	30' EST 2	18:30 DANCE TRIBE	45' EST 1				
18:30 Indoor Cycle	45' CYCL	18:50 Squeezed	45' SQZD	18:45 Indoor Cycle	45' CYCL	18:45 Indoor Cycle	45' CYCL	18:45 Indoor Cycle	45' CYCL				
19:00 Squeezed	45' SQZD			19:00 Squeezed	45' SQZD	19:00 HiIT	45' SQZD						
19:15 Body Pump	45' EST 2	19:15 Pilates	45' EST 1	19:00 Yoga	60' EST 1	19:15 Pilates	45' EST 1	19:15 Squeezed	45' SQZD				
19:30 Zumba	45' EST 1	19:30 Cardio Boxe	45' EST 2	19:15 Aeróbica	45' EST 2	19:15 Body Pump	45' EST 2	19:15 Stretching	45' EST 1				
20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM				
AULAS EXTRAS													
08:00 Pilates Estúdio	45' EP	18:00 Pilates Estúdio	45' EP	09:00 Pilates Estúdio	45' EP	18:00 FiTeen 11-15 anos	45' SQZ	18:30 Ballet	45' EST 2				
18h00 FiTeen 11-15 anos	45' SQZ	18:00 Cross Kids 6-10 anos	45' SQZ	18:00 Fit Play 6-10 anos	45' EST 1	18:00 Cross Kids 6-10 anos	45' EST 2	19:15 Hip Hop / Jazz	45' EST 2				

Leganda (Mapa Aulas sujeito a alterações sem aviso prévio)

 Treino Localizado	 Treino Cardio-Respiratório	 Treino Intervalo de Alta Intensidade
 Treino Funcional Express	 Corpo e Mente	 Artes Marciais
 Kids Card	 Dança	 Nutrição
	 Kids Extra	 Dança Infantil

Marca as tuas aulas pela APP Lemonfit!



 Níveis de Intensidade
I - Intensidade Baixa
II - Intensidade Moderada
III - Intensidade Alta

 Localização / Estúdio	
FIT 1	Estúdio 1 SQZD Squeezed OUT Outdoor
FIT 2	Estúdio 2 GYM Ginásio
CYCL	Cycle PISC Piscina