


























# FITNESS CENTRE

VALE DO LOBO

## CLASS TIMETABLE PLANO DE AULAS

MONDAY SEGUNDA	TUESDAY TERÇA	WEDNESDAY QUARTA	THURSDAY QUINTA	FRIDAY SEXTA	SATURDAY SÁBADO	SUNDAY DOMINGO
 <b>INDOOR CYCLE</b> 08:30h	 <b>LOW PRESSURE FITNESS</b> 09:00h	 <b>CLINICAL PILATES</b> 08:15h	 <b>CLINICAL PILATES</b> 09:00h	 <b>INDOOR CYCLE</b> 08:30h	 <b>CROSS TRAINING</b> 10:00h	 <b>YOGA</b> 10:00h
 <b>FULLBODY</b> 09:20h	 <b>CROSS TRAINING</b> 10:00h	 <b>HIIT STRENGTH</b> 09:00h	 <b>CROSS TRAINING</b> 10:00h	 <b>FULLBODY</b> 09:30h		
 <b>CLINICAL PILATES</b> 10:15h	 <b>STRETCHING</b> 11:00h	 <b>LOW PRESSURE FITNESS</b> 09:00h	 <b>STRETCHING</b> 11:00h	 <b>HYROX</b> 10:30h		
 <b>HYROX</b> 11:00h		 <b>INDOOR CYCLE</b> 11:00h	 <b>HYROX</b> 11:00h	 <b>YOGA</b> 11:15h		
		 <b>HYROX</b> 12:00h				

### CLASSES INTENSITY

-  Mind & Body
-  Functional
-  Fitness & Strength

### FITNESS CENTRE MEMBER

All the classes are included in the Membership  
As aulas estão incluídas na Membership  
Class booking made through the Fitness Centre App  
Marcação das Aulas é feita através da App

### NON-MEMBERS

30€ per class  
30€ por aula  
Club Members have discount up to 50%  
Club Members têm desconto até 50%  
Bookings at Fitness Centre reception  
Marcações são feitas na receção