



VIRGIN ACTIVE HEALTH CLUBS

Club: Ginásio Lisboa Palácio SottoMayor

SEGUNDA-FEIRA		TERÇA-FEIRA		QUARTA-FEIRA		QUINTA-FEIRA		SEXTA-FEIRA		SÁBADO							
07:15	Yoga Align	● Mind Body	07:15	Body Pump	● Studio 1	07:15	Global Training	● Studio 1	07:15	Spin	● V-Cycle	10:20	Spin	● V-Cycle			
07:15	Spin	● V-Cycle	07:15	Pilates	● Mind Body	07:15	Spin	● V-Cycle	07:30	TNT Fit	● Studio 1	08:00	Xpress Aqua Core	● Piscina	10:30	H2O	● Piscina
09:30	Pilates	● Mind Body	08:30	Xpress Aqua Core	● Piscina	10:15	H2O	● Piscina	08:30	Xpress Aqua Core	● Piscina	09:15	Pilates	● Mind Body	10:30	Functional Kids	● Mind Body
10:35	H2O	● Piscina	10:00	Yoga Align	● Mind Body	11:00	Pilates	● Mind Body	10:00	Pilates	● Mind Body	10:30	H2O	● Piscina	10:45	Pilates	● Mind Body
12:45	Global Training	● Studio 1	11:00	Tai-Chi	● Mind Body	12:45	Spin Live	● V-Cycle	11:00	Yoga Align	● Mind Body	12:45	Spin	● V-Cycle	11:20	Ballet Kids	● Studio 2
12:45	Spin Live	● V-Cycle	12:55	Aqua Hiit	● Piscina	13:00	Body Balance	● Mind Body	13:00	Body Pump	● Studio 1	13:00	Military Training	● Studio 1	11:30	Body Pump	● Studio 1
13:00	Pilates	● Mind Body	13:00	Yoga Align	● Mind Body	13:00	TNT Fit	● Studio 1	13:00	Alongamentos	● Mind Body	13:00	Xpress Aqua Core	● Piscina	12:30	Power Jump	● Studio 2
13:00	Body Attack	● Studio 2	13:00	Body Pump	● Studio 1	13:15	Xpress Aqua Core	● Piscina	13:00	H2O	● Piscina	13:00	Pilates	● Mind Body	16:45	Global Training	● Studio 1
16:30	Global Training	● Studio 1	13:05	Zumba	● Studio 2	16:30	Global Training	● Studio 1	13:05	Zumba	● Studio 2	13:05	Power Jump	● Studio 2	17:30	Yoga Align	● Mind Body
17:30	Pilates	● Mind Body	13:05	Spin	● V-Cycle	17:30	Yoga Align	● Mind Body	13:05	Spin	● V-Cycle	18:30	Body Balance	● Mind Body	17:45	Spin	● V-Cycle
18:15	Power Kick	● Studio 2	16:30	Body Pump	● Studio 1	18:15	Zumba	● Studio 2	18:15	Global Training	● Studio 1	18:30	TNT Fit	● Studio 1	DOMINGO		
18:30	Judo Kids	● Mind Body	18:30	Pilates	● Mind Body	18:30	Body Balance	● Mind Body	18:30	Power Jump	● Studio 2	18:30	Zumba Kids	● Studio 2	10:15	Global Training	● Studio 1
18:30	Global Training	● Studio 1	18:30	Functional Kids	● Studio 2	18:30	Global Training	● Studio 1	18:45	Karate Kids	● Mind Body	19:15	Spin	● V-Cycle	10:30	H2O	● Piscina
19:00	Spin Live	● V-Cycle	18:30	Body Pump	● Studio 1	18:45	Spin Live	● V-Cycle	19:15	Spin	● V-Cycle	19:30	Body Pump	● Studio 1	11:15	Body Pump	● Studio 1
19:15	Zumba	● Studio 2	19:20	Power Jump	● Studio 2	19:30	Body Attack	● Studio 2	19:30	Military Training	● Studio 1	19:30	Power Kick	● Studio 2	11:30	Spin	● V-Cycle
19:30	Yoga Strength	● Mind Body	19:30	Spin Live	● V-Cycle	19:30	Pilates	● Mind Body	19:30	Body Combat	● Studio 2	19:30	Yoga Strength	● Mind Body	12:30	Body Balance	● Studio 1
19:30	Body Attack	● Studio 1	19:30	Global Training	● Studio 1	19:30	Body Pump	● Studio 1	19:45	H2O	● Piscina	20:30	Krav Maga	● Studio 2	FERIADO		
19:45	H2O	● Piscina	19:45	Body Balance	● Mind Body	19:45	Aqua Hiit	● Piscina	19:45	Tai-Chi	● Mind Body	10:15	Global Training	● Studio 1	10:30	H2O	● Piscina
20:15	Boxe	● Studio 2	20:20	Body Combat	● Studio 2	20:30	Boxe	● Studio 2			11:15	Body Pump	● Studio 1	11:30	Spin	● V-Cycle	
20:30	Body Pump	● Studio 1	20:30	Krav Maga	● Studio 1					12:30	Body Balance	● Studio 1					

● cardio ● força ● corpo e mente

Por motivos técnicos ou alterações de última hora é provável que as aulas aqui publicadas não coincidam com as aulas previstas. Para confirmar, consulta os horários que publicamos na nossa página web: www.virginactive.pt