



VIRGIN ACTIVE HEALTH CLUBS

Club: Ginásio Lisboa Palácio SottoMayor

SEGUNDA-FEIRA		TERÇA-FEIRA		QUARTA-FEIRA		QUINTA-FEIRA		SEXTA-FEIRA		SÁBADO	
07:15	Spin ● V-Cycle	07:15	Body Pump ● Studio 1	07:15	Global Training ● Studio 1	07:15	Yoga Strength ● Mind Body	07:15	Spin ● V-Cycle	10:15	Pilates ● Mind Body
08:00	Xpress Core ● The Grid	08:30	Yoga Align ● Mind Body	07:15	Spin ● V-Cycle	07:30	TNT Fit ● Studio 1	08:00	Xpress Core ● The Grid	10:30	Spin ● V-Cycle
09:15	Pilates ● Mind Body	12:25	Hiit ● Studio 2	08:00	Xpress Core ● The Grid	09:30	Pilates ● Mind Body	09:15	Pilates ● Mind Body	11:15	Pilates ● Mind Body
12:00	GRID LEAN ● The Grid	13:00	Spin Live ● V-Cycle	11:00	Pilates ● Mind Body	12:30	GAP ● Studio 2	11:30	GRID LEAN ● Fitness	11:30	Body Pump ● Studio 1
12:45	Global Training ● Studio 1	13:00	Yoga Align ● Mind Body	12:25	Hiit ● Studio 2	13:00	Alongamentos ● Mind Body	12:45	Spin ● V-Cycle	12:15	Power Jump ● Studio 2
13:00	Spin Live ● V-Cycle	13:00	Body Pump ● Studio 1	12:45	Spin Live ● V-Cycle	13:00	Zumba ● Studio 2	13:00	Pilates ● Mind Body	12:30	Alongamentos ● Mind Body
13:00	Pilates ● Mind Body	13:00	GRID LEAN ● The Grid	13:00	TNT Fit ● Studio 1	13:00	Spin Live ● V-Cycle	13:00	Power Jump ● Studio 2	16:45	Global Training ● Studio 1
13:15	GRID FIT ● The Grid	13:35	Xpress Core ● Fitness	13:00	Body Attack ● Studio 2	13:00	Body Pump ● Studio 1	13:00	Military Training ● Studio 1	17:30	Yoga Align ● Mind Body
17:30	Pilates ● Mind Body	17:30	GRID FIT ● The Grid	13:00	Body Balance ● Mind Body	13:15	Xpress Powerplate ● Fitness	13:30	Xpress Core ● Fitness	17:45	Spin ● V-Cycle
17:30	GRID LEAN ● The Grid	18:15	Dance ● Studio 2	13:15	Xpress Power Glúteo ● The Grid	17:15	GRID FIT ● The Grid	18:30	Body Balance ● Mind Body		
17:45	Hiit ● Studio 1	18:30	Xpress Core ● Fitness	18:30	Body Balance ● Mind Body	18:15	Global Training ● Studio 1	18:30	TNT Fit ● Studio 1	DOMINGO	
18:15	Power Kick ● Studio 2	18:30	Body Pump ● Studio 1	18:30	Global Training ● Studio 1	18:30	Xpress Core ● The Grid	18:45	GRID FIT ● The Grid	10:15	Global Training ● Studio 1
18:20	Global Training ● Studio 1	18:30	Pilates ● Mind Body	18:30	Xpress Core ● The Grid	18:30	Power Jump ● Studio 2	19:15	Spin ● V-Cycle	11:15	Body Pump ● Studio 1
18:30	Xpress Core ● The Grid	18:45	Spin ● V-Cycle	18:45	Spin Live ● V-Cycle	19:00	GRID STRONG ● The Grid	19:15	Xpress Core ● Fitness	11:30	Spin ● V-Cycle
18:30	Spin Live ● V-Cycle	19:00	Xpress Power Glúteo ● Fitness	19:00	GRID LEAN ● The Grid	19:15	Spin ● V-Cycle	19:30	Yoga Strength ● Mind Body	12:30	Body Balance ● Studio 1
19:00	GRID FIT ● The Grid	19:15	Power Jump ● Studio 2	19:30	Pilates ● Mind Body	19:30	Dance ● Studio 1	19:30	Body Pump ● Studio 1		
19:15	Zumba ● Studio 2	19:30	Xpress Core ● Fitness	19:30	Body Pump ● Studio 1	19:30	Energy Bag ● Studio 2	20:30	Krav Maga ● Studio 2	FERIADO	
19:20	Body Attack ● Studio 1	19:30	Global Training ● Studio 1	19:30	Xpress Core ● The Grid	20:30	Xpress TRX ● The Grid			10:15	Global Training ● Studio 1
19:30	Yoga Strength ● Mind Body	19:45	Body Balance ● Mind Body	19:30	Body Attack ● Studio 2					11:15	Body Pump ● Studio 1
19:30	Xpress Core ● The Grid	20:00	Spin Live ● V-Cycle	20:30	GRID FIT ● The Grid					11:30	Spin ● V-Cycle
19:45	Spin ● V-Cycle	20:15	Body Combat ● Studio 2	20:30	Boxe ● Studio 2					12:30	Body Balance ● Studio 1
20:15	Boxe ● Studio 2	20:30	Krav Maga ● Studio 1								
20:20	Body Pump ● Studio 1	20:30	GRID STRONG ● The Grid								
20:30	GRID LEAN ● The Grid										

● 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