



VIRGIN ACTIVE HEALTH CLUBS

Club: Ginásio Lisboa Palácio SottoMayor

SEGUNDA-FEIRA		TERÇA-FEIRA		QUARTA-FEIRA		QUINTA-FEIRA		SEXTA-FEIRA		SÁBADO	
07:15 Spin Live	● 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 Xpress Aqua Core	● Piscina	07:15 Spin Live	● V-Cycle	07:30 TNT Fit	● Studio 1	08:00 Xpress Core	● The Grid	10:30 H2O	● Piscina
09:15 Pilates	● Mind Body	08:30 Yoga Align	● Mind Body	08:00 Xpress Core	● The Grid	08:30 Xpress Aqua Run	● Piscina	08:00 Xpress Aqua Core	● Piscina	10:30 Spin	● V-Cycle
10:30 H2O	● Piscina	12:30 HiIT	● Studio 2	10:15 H2O	● Piscina	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	10:30 H2O	● Piscina	11:30 Body Pump	● Studio 1
12:45 Global Training	● Studio 1	13:00 Yoga Align	● Mind Body	12:30 HiIT	● Studio 2	13:00 Alongamentos	● Mind Body	11:30 GRID LEAN	● Fitness	12:15 Power Jump	● Studio 2
13:00 Pilates	● Mind Body	13:00 Body Pump	● Studio 1	12:45 Spin Live	● V-Cycle	13:00 Body Pump	● Studio 1	12:15 Global Training	● Studio 2	12:30 Alongamentos	● Mind Body
13:00 Spin Live	● V-Cycle	13:00 Aqua Hiit	● Piscina	13:00 TNT Fit	● Studio 1	13:00 Spin Live	● V-Cycle	12:45 Spin	● V-Cycle	16:45 Global Training	● Studio 1
13:15 GRID FIT	● The Grid	13:00 GRID LEAN	● The Grid	13:00 Body Attack	● Studio 2	13:00 Zumba	● Studio 2	13:00 Military Training	● Studio 1	17:30 Yoga Align	● Mind Body
17:30 Pilates	● Mind Body	13:35 Xpress Core	● Fitness	13:00 Body Balance	● Mind Body	13:00 H2O	● Piscina	13:00 Power Jump	● Studio 2	17:45 Spin	● V-Cycle
17:30 GRID LEAN	● The Grid	17:30 GRID FIT	● The Grid	13:15 Xpress Aqua Circuit	● Piscina	13:15 Xpress Powerplate	● Fitness	13:00 Pilates	● Mind Body		
17:45 HiIT	● Studio 1	18:15 Dance	● Studio 2	13:15 Xpress Power Glúteo	● The Grid	17:15 GRID FIT	● The Grid	13:00 Xpress Aqua Circuit	● Piscina	DOMINGO	
18:15 Power Kick	● Studio 2	18:30 Pilates	● Mind Body	18:30 Functional Kids	● Studio 2	18:15 Global Training	● Studio 1	13:30 Xpress Core	● Fitness	10:15 Global Training	● Studio 1
18:15 Global Training	● Studio 1	18:30 Xpress Core	● Fitness	18:30 Body Balance	● Mind Body	18:30 Xpress Core	● The Grid	18:30 Body Balance	● Mind Body	10:30 H2O	● Piscina
18:30 Spin Live	● V-Cycle	18:30 Body Pump	● Studio 1	18:30 Global Training	● Studio 1	18:30 Power Jump	● Studio 2	18:30 TNT Fit	● Studio 1	11:15 Body Pump	● Studio 1
18:30 Xpress Core	● The Grid	18:45 Spin	● V-Cycle	18:30 Xpress Core	● The Grid	19:00 GRID STRONG	● The Grid	18:45 GRID FIT	● The Grid	11:30 Spin	● V-Cycle
18:30 Judo Kids	● Mind Body	19:00 Xpress Power Glúteo	● Fitness	18:45 Spin Live	● V-Cycle	19:15 Spin	● V-Cycle	19:15 Xpress Core	● Fitness	12:30 Body Balance	● Studio 1
19:00 GRID FIT	● The Grid	19:15 Power Jump	● Studio 2	19:00 GRID LEAN	● The Grid	19:30 Dance	● Studio 1	19:15 Spin	● V-Cycle		
19:15 Zumba	● Studio 2	19:30 Global Training	● Studio 1	19:30 Pilates	● Mind Body	19:30 Energy Bag	● Studio 2	19:30 Body Pump	● Studio 1	FERIADO	
19:15 Body Attack	● Studio 1	19:30 Xpress Core	● Fitness	19:30 Xpress Core	● The Grid	19:45 H2O	● Piscina	19:30 Yoga Strength	● Mind Body	10:15 Global Training	● Studio 1
19:30 Xpress Core	● The Grid	19:45 Body Balance	● Mind Body	19:30 Body Attack	● Studio 2	20:30 Xpress TRX	● The Grid	20:30 Krav Maga	● Studio 2	10:30 H2O	● Piscina
19:30 Yoga Strength	● Mind Body	20:00 Spin Live	● V-Cycle	19:30 Body Pump	● Studio 1					11:15 Body Pump	● Studio 1
19:45 Spin	● V-Cycle	20:15 Body Combat	● Studio 2	19:45 Aqua Hiit	● Piscina					11:30 Spin	● V-Cycle
19:45 H2O	● Piscina	20:30 GRID STRONG	● The Grid	20:30 GRID FIT	● The Grid					12:30 Body Balance	● Studio 1
20:15 Body Pump	● Studio 1	20:30 Krav Maga	● Studio 1								
20:15 Boxe	● Studio 2										
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