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7H15	 EST. CYCLING 30' CYCLING	 EST.1 45' PUMP	 EST.1 45' HIIT	 EST.2 30' TRX	 EST. CYCLING 30' CYCLING	 <h1>ADHOC GYM</h1> <p>FITNESS WORLD</p> <p>Horário Aulas de Grupo</p> <p>#TUCONSEGUES</p> <p>WWW.ADHOCGYM.PT</p>			
7H50									
8H00	 EST.1 30' CX CORE	 EST.2 45' YOGA			 EST.2 45' PILATES				
8H15									
8H30	 EST.2 45' PILATES		 EST.2 30' TRX	 EST.1 45' K-BELL	 45' BootCamp				
8H45									
9H00									
9H15					 EST.1 45' STEP			 45' BootCamp	 EST.1 45' PILATES
10H00	 EST.1 45' K-BELL		 EST.1 45' 3B					 EST.1 45' YOGA	RUNNING GROUP
10H15		 45' BootCamp		 EST.1 45' LOCALIZADA				 EST.1 45' FIGHT	 EST.1 45' LOCALIZADA
10H30						 EST. CYCLING 30' CYCLING	 EST.1 45' TRX		
11H00									

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
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11H15						 MIX DANCE KID <small>EST.2 45'</small>  <small>EST.1 45'</small> JUMP	 <small>EST. CYCLING 45'</small> CYCLING
12H15							
12H30	 <small>EST.1 45'</small> LOCALIZADA		 <small>EST.1 45'</small> JUMP	 <small>EST.1 45'</small> K-BELL			
12H45		 <small>EST.1 45'</small> Zumba			 <small>60'</small> Kick Boxing		
13H15	 <small>EST.1 45'</small> PUMP	 <small>EST.2 30'</small> TRX	 <small>EST.2 45'</small> PILATES	 <small>EST. CYCLING 30'</small> CYCLING	 <small>EST.1 30'</small> HIIT		
16H00						 <small>EST.1 45'</small> PUMP	
17H00						 <small>EST.1 30'</small> CX CORE  <small>EST. CYCLING 30'</small> CYCLING	
18H00	 <small>EST.2 45'</small> PILATES			 <small>EST.1 30'</small> CX CORE  <small>KICK BELL</small> GAP	 <small>1 30'</small> BootCamp		
18H15		 <small>EST.2 30'</small> K-BELL  <small>EST.1 30'</small> CX CORE	 <small>EST.1 45'</small> Zumba  <small>EST. CYCLING 45'</small> CYCLING		 <small>EST. CYCLING 30'</small> CYCLING  <small>EST.1 45'</small> LOCALIZADA		
18H30	 <small>EST.1 30'</small> HIIT  <small>EST. CYCLING 30'</small> CYCLING			 <small>EST. CYCLING 80'</small> CYCLING			
18H45	 HIIT Kids			 <small>EST.1 45'</small> PUMP	 BootCamp KIDS <small>11+</small>		
19H00		 <small>EST. CYCLING 80'</small> CYCLING  <small>EST.1 45'</small> Kick Boxing	 BootCamp KIDS	 <small>EST.2 45'</small> BALANCE			

2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
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						 <p>ADHOC GYM FITNESS WORLD</p> <p>Horário Aulas de Grupo</p> <p>#TUCONSEGUES WWW.ADHOCGYM.PT</p>
19H15	 Zumba EST.1 45'  TRX EST.2 45'	 TRX EST.2 30'	 PUMP EST.1 45'  TRX EST.2 45'		 MIX DANCE EST.1 45'	
19H30					 KickBoxing 60'	
19H45				 FIGHT EST.1 45'		
20H00	 CYCLING EST. CYCLING 30'  STEP EST.1 45'	 PUMP EST.1 90'  STEP EST.2 45'	RUNNING GROUP	 LOCALIZADA EST.2 45'		
20H15			 CYCLING EST. CYCLING 45'  HIT EST.1 30'		 JUMP EST.1 45'	
20H45						
21H00	 GAP EST.1 45'	 BALANCE EST.2 60'	 YOGA EST.1 60'	 PILATES EST.2 45'		

 LOCALIZADA

 DANÇA

 RELAX

 FORÇA/
RESISTÊNCIA

 CARDIO