BREATHE SPORT FITNESS

MAPA DE AULAS

OUTUBRO

SPORT CLUB DO PORTO SPORT FITNESS

2ª feira

7:15	BIKE	1	
	FUNCIONAL	4	
8:00			
8:30			
9:00	FUNCIONAL	4	
9:30			
10:00	BIKE	1	
	JUMP IN	2	
	TRX	4	
10:30	ACTIVE GYM	3	
11:00			
11:30	LOCALIZADA	2	
12:00			
12:30			
13:00	BIKE	1	
	TABATA	4	
14:30			
15:00	STRETCHING	3	
15:30			
16:00	FUNCIONAL	4	
16:30			
17:00			
17:30			
18:00	GAP	2	
	HIIT	4	
18:30	BIKE	1	
	YOGA	3	
19:00	JUMP IN	2	
	FUNCIONAL	4	
19:30	PILATES	3	
19:45	BIKE	1	
20:00	BODY PUMP	2	
	BOXE WORKOUT	4	

3ª feira

7:15	BODY PUMP	2	
8:00			
8:30	BIKE	1	
9:00			
9:30	FUNCIONAL	4	
10:00	YOGA TERAPÊUTICO	3	
10:30	ZUMBA	2	
11:00	PILATES	3	
11:30	GAP	2	
12:00			
12:30			
13:00	PILATES	3	
	FUNCIONAL	4	
14:30			
15:00			
15:30			
16:00	BIKE	1	
16:30			
17:00			
17:30			
18:00	TABATA	2	
18:30	TAI-CHI	3	
	FUNCIONAL	4	
19:00	BIKE	1	
	ZUMBA	2	
	RUNNING	OUT	
19:30	PILATES	3	
	TRX	4	
20:00	STEP	2	
20:30	BOXE WORKOUT	4	

4ª feira

7:15	BIKE	1	
	PILATES	3	
8:00	FUNCIONAL	4	
8:30			
9:00	LOCALIZADA	2	
9:30	STRETCHING	3	
10:00	BIKE	1	
	BODY PUMP	2	
10:30	FUNCIONAL	4	
11:00			
11:30	JUMP IN	2	
	PILATES	3	
12:00			
12:30			
13:00	BIKE	1	
	LOCALIZADA	2	
	YOGA	3	
14:30			
15:00			
15:30			
16:00	BODY PUMP	2	
16:30			
17:00			
17:30			
18:00			
18:30	BIKE	1	
	DANCE IN	2	
	HIIT	4	
19:00	YOGA	3	
19:30	LOCALIZADA	2	
	FUNCIONAL	4	
19:45	BIKE	1	
20:30	PILATES	3	

5ª feira

7:15	BODY PUMP	2	
	TRX	4	
8:15	TAI-CHI	3	
8:30	FUNCIONAL	4	
9:00	JUMP IN	2	
9:30	BIKE	1	
10:00			
10:30	ZUMBA	2	
	YOGA TERAPÊUTICO	3	
11:00			
11:30			
12:00	GAP	2	
12:30			
13:00	TABATA	2	
	BOXE WORKOUT	4	
14:30			
15:00			
15:30			
16:00	FUNCIONAL	4	
16:30			
17:00			
17:30			
18:00			
18:30	GAP	2	
	STRETCHING	3	
	FUNCIONAL	4	
19:00	BIKE	1	
19:30	ZUMBA	2	
	PILATES	3	
	TABATA	4	
20:00			
20:30	JUMP IN	2	

6ª feira

7:15	BIKE	1	
	FUNCIONAL	4	
8:00			
8:30			
9:00			
9:30	LOCALIZADA	2	
10:00	PILATES	3	
10:30	FUNCIONAL	4	
11:00	ACTIVE GYM	3	
11:30	BODY PUMP	2	
12:00			
12:30			
13:00	BIKE	1	
	GAP	2	
14:30			
15:00			
15:30			
16:00	BIKE	1	
16:30			
17:00			
17:30			
18:00			
18:30	RUNNING	OUT	
	BIKE	1	
	BODY PUMP	2	
	FUNCIONAL	4	
19:00	PILATES	3	
19:30	LOCALIZADA	2	
	BOXE WORKOUT	4	
20:00			

Sábado

9:30	BIKE	1	
10:00	STEP	2	
	STRETCHING	3	
	TABATA	4	
11:00	HIT BIKE 30'	1	
	ZUMBA	2	
	YOGA	3	
	FUNCIONAL	4	
12:00	BIKE	1	
	JUMP IN	2	
	YOGA FLOW	3	
	HIIT	4	
15:00			
16:00			
17:00			
17:30	PILATES	3	
18:00			
18:30	BIKE	1	
	FUNCIONAL	4	

Domingo

9:30	LOCALIZADA	2	
10:00	BIKE	1	
	YOGA	3	
10:30	FUNCIONAL	4	
11:00	PILATES	3	
11:30	ZUMBA	2	
12:00	BIKE		
13:00			
14:00			
15:00			
16:00			
17:00	GAP	2	
18:00	FUNCIONAL	4	
19:00			

1 ESTÚDIO 1	ACTIVE GYM
2 ESTÚDIO 2	BIKE
3 ESTÚDIO 3	BODY PUMP
4 ESTÚDIO 4	BOXE WORKOUT
OUT OUTDOOR	DANCE IN
	FUNCIONAL
	GAP
	HIIT
	HIT BIKE 30'
	JUMP IN
	LOCAL/ TOTAL
	LOCALIZADA
	PILATES
	RUNNING
	STEP
	STRETCHING
	TABATA
	TAI-CHI
	TOTAL COND.
	TRX
	X-30'
	YOGA
	YOGA TERAPÊUTICO
	ZUMBA

OBS: Está prevista uma tolerância de 5 minutos, a contar após a hora de início de cada aula. *O Breathe Sport Fitness reserva-se o direito de alteração do mapa de aulas sem aviso prévio.