



segunda  
monday

terça  
tuesday

quarta  
wednesday

quinta  
thursday

sexta  
friday

sábado  
saturday

domingo  
sunday

➤ Exclusive Group Workouts

7.15 to 8.00



**HIIT**

pump it up | all levels  
COACH: Margarida

9.00 to 9.45



**pilates**

strength | all levels  
COACH: Margarida

10.00 to 10.45



**pilates**

mobility | all levels  
COACH: Margarida

13.00 to 13.45



**cycling**

sprint | beginner  
COACH: Renato

17.30 to 18.15



**pilates**

mobility | beginner  
COACH: Raquel

18.30 to 19.15



**HIIT**

pump it up | all levels  
COACH: Margarida

**pilates**

mobility | all levels  
COACH: Raquel

19.30 to 20.15



**cycling**

sprint | all levels  
COACH: Renato

**pilates**

balance | all levels  
COACH: Margarida

**pilates**

balance | all levels  
COACH: Renato

**cycling**

sweat a lot | beginner  
COACH: Renato

**HIIT**

fat burning | advanced  
COACH: Margarida

**pilates**

balance | all levels  
COACH: Margarida

**cycling**

sprint | all levels  
COACH: Afonso

**pilates**

strength | all levels  
COACH: Renato

**pilates**

strength | beginner  
COACH: Raquel

**pilates**

strength | all levels  
COACH: Raquel

**cycling**

sweat a lot | advanced  
COACH: Afonso

**HIIT**

circuit | all levels  
COACH: Afonso

**pilates**

balance | all levels  
COACH: Raquel

**pilates**

mobility | all levels  
COACH: Raquel

**cycling**

mountain | all levels  
COACH: Renato

**cycling**

sweat a lot | advanced  
COACH: Renato