



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

19.30 to 20.15



cycling

sprint | all levels
COACH: Renato

cycling

mountain | all levels
COACH: Renato

pilates

balance | all levels
COACH: Margarida

cycling

sprint | all levels
COACH: Afonso

HIIT

circuit | all levels
COACH: Afonso

pilates

balance | all levels
COACH: Renato

pilates

balance | all levels
COACH: Raquel

pilates

mobility | all levels
COACH: Margarida

cycling

sweat a lot | advanced
COACH: Renato

cycling

sweat a lot | beginner
COACH: Renato

pilates

strength | all levels
COACH: Renato

pilates

strength | beginner
COACH: Raquel

HIIT

fat burning | advanced
COACH: Margarida

pilates

strength | all levels
COACH: Raquel

cycling

mountain | all levels
COACH: Renato

pilates

balance | all levels
COACH: Margarida

cycling

sweat a lot | advanced
COACH: Afonso