

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:15	CYCLING XPRESS 30 3		PUMP XPRESS 30 1		ATTACK XPRESS 30 2	
07:50	VILA ABS 10 F	07:45 ATTACK XPRESS 30 1	STRETCHING 10 F		VILA ABS 10 F	
09:15	CAMINHADA 45 -	PUMP XPRESS 30 1	ATTACK XPRESS 30 1	9:00 PUMP 45 1		HIPOPRESSIVOS 30 2
09:30			VILA 50 + 45 2		VILA 50 + 45 2	
10:00	STRETCHING 10 F			VILA ABS 10 F		PILATES 60 2
10:15	3B 30 2	YOGA 60 2	CYCLING 30 3	POWER STEP 30 3 PILATES 60 2	GRIT 30 1	
10:30		ZUMBA 45 3				11:00 BARRIGA KILLER 30 1
13:10	BARRIGA KILLER 30 1	PILATES 30 2	PUMP XPRESS 30 1	GRIT 30 1	POWER STEP 30 1	
16:30				CYCLING SÉNIOR 45 3		17:00 CYCLING 45 3
17:45	CYCLING XPRESS 30 3	ATTACK XPRESS 30 2 CYCLING XPRESS 30 3	JOGGING 30 -		CYCLING XPRESS 30 3	
18:15				ZUMBA 45 2 NINJA KIDS 90 3 BARRIGA KILLER 30 1	PUMP 45 1	
18:30	3B 30 2	GRIT 30 1 ZUMBA 45 2	POWER STEP 30 1			
18:45	POWER STEP 30 1					
19:15	ZUMBA + FIT 45 2	CX 30 1 3B 30 2	PUMP XPRESS 30 1 ATTACK XPRESS 30 2	3B 30 2	19:20 GRIT 30 1	
19:30	CYCLING 45 3	19:20		ATTACK 45 1	19:45 YOGA 60 2	
20:00		RUNNING 60 - PILATES 60 2 CYCLING XPRESS 30 3	CYCLING XPRESS 30 3	PILATES 60 2	CYCLING XPRESS 30 3	
20:15	ATTACK XPRESS 30 2		3B 30 2	CYCLING XPRESS 30 3		
20:30	GRIT 30 1			20:20 GRIT 30 1		

HORÁRIO DE FUNCIONAMENTO
SEGUNDA A SEXTA
07H00 ÀS 22H00

SÁBADO
09H00 ÀS 20H00

CONTACTOS

910 683 933
WWW.VILAFIT.PT
GERAL@VILAFIT.PT
f VILAFITOURÉM

AULAS DE VILA ABS DE SEGUNDA A SEXTA ÀS 19H E 20H

AULAS DE STRETCHING DE SEGUNDA A SEXTA ÀS 21H

POSTURA/MENTE

CORE

CARDIO

TONIFICAÇÃO

ALTA INTENSIDADE

ESTÚDIO
DURAÇÃO
AULA 30 3