

# #ACTIVESTUDIO

Horário de atividades | Activities timetable

SEGUNDA | MONDAY   TERÇA | TUESDAY   QUARTA | WEDNESDAY   QUINTA | THURSDAY   SEXTA | FRIDAY   SÁBADO | SATURDAY   DOMINGO | SUNDAY

Active Cycling 08:00   50 min	Active Cycling 08:00   50 min	Active Cycling 08:00   50 min	Active Cycling 08:00   50 min	Active Cycling 08:00   50 min	Active Cycling 08:00   50 min	Active Cycling 08:00   50 min
FitBall 09:00   30 min	Boxe 09:00   30 min	FitBall 09:00   30 min	Boxe 09:00   30 min	FitBall 09:00   30 min	Boxe 09:00   30 min	FitBall 09:00   30 min
Fit Golf 16:00   30 min	Yoga 10:00   60 min	Fit Golf 16:00   30 min	Yoga 10:00   60 min	Boxe 18:30   30 min	Fit Golf 16:00   30 min	Boxe 18:30   30 min
Functional Training 18:30   30 min	Cross Fitness 18:30   30 min	Active Cycling 19:15   50 min	Cross Fitness 18:30   30 min	Pilates* 19:15   50 min	Cross Fitness 18:30   30 min	Pilates* 19:15   50 min
Active Cycling 19:15   50 min	Pilates* 19:15   50 min		Active Cycling 19:15   50 min		Active Cycling 19:15   50 min	

Legenda | Label

Cardio


Tonificação | Tone

Funcional | Functional

Artes Marciais | Martial Arts

Corpo e Mente | Body and Mind

Força e Resistência | Strength and Resistance

 Intensidade baixa | Low intensity

 Intensidade média | Medium intensity

 Intensidade alta | High intensity

As aulas de grupo requerem pré-reserva até às 21:00 do dia anterior.  
Pre-booking is required for group classes until 9PM the day before.

\*Pilates com pequenos materiais | Pilates with small equipments

## COMO CHEGAR | HOW TO GET



-  Active Studio
-  Restaurantes | Restaurants
-  Lojas | Shops

