

Aulas de Grupo Semanais

Group Classes Program

SEGUNDA-FEIRA MONDAY	TERÇA-FEIRA TUESDAY	QUARTA-FEIRA WEDNESDAY	QUINTA-FEIRA THURSDAY
07:15 - 08:00 ACTIVE CYCLE 📍 INTENSITY Studio	08:00 - 08:45 ACTIVE PILATES 📍 ZEN Studio	07:15 - 08:00 ACTIVE PILATES 📍 ZEN Studio	08:00 - 08:45 ACTIVE PILATES 📍 ZEN Studio
12:45 - 13:30 ACTIVE TBW 📍 ZEN Studio	13:00 - 13:30 ACTIVE HIIT 📍 ZEN Studio	13:00 - 13:30 ACTIVE TBW 📍 ZEN Studio	09:00 - 09:45 ACTIVE PILATES 📍 ZEN Studio
18:30 - 19:15 ACTIVE PILATES 📍 ZEN Studio	18h30 - 19:15 ACTIVE TBW 📍 INTENSITY Studio	19:30 - 20:15 ACTIVE CYCLE 📍 INTENSITY Studio	13:00 - 13:30 ACTIVE HIIT 📍 ZEN Studio
19:30 - 20:15 ACTIVE ENIGMA 📍 Rooftop	SÁBADO SATURDAY	19:30 - 20:30 SUNSET YOGA* 📍 Rooftop	18h45 - 19:15 ACTIVE STRETCH 📍 INTENSITY Studio
SEXTA-FEIRA FRIDAY	09:00 - 10:00 SUNRISE YOGA* 📍 Rooftop	DOMINGO SUNDAY	
07:15 - 08:00 ACTIVE TBW 📍 ZEN Studio	9:30 - 10:15 ACTIVE TBW 📍 INTENSITY Studio	10:00 - 10:45 ACTIVE TBW 📍 ZEN Studio	
13:00 - 13:45 ACTIVE PILATES 📍 ZEN Studio	10:30 - 11:15 ACTIVE CYCLE 📍 INTENSITY Studio	11:00 - 11:30 ACTIVE STRETCH 📍 ZEN Studio	
18:30 - 19:15 ACTIVE PILATES 📍 ZEN Studio	11:30 - 12:15 ACTIVE PILATES 📍 ZEN Studio		
19:30 - 20:15 ACTIVE CYCLE 📍 INTENSITY Studio	12:15 - 12:45 ACTIVE STRETCH 📍 ZEN Studio		

*Aula de assinatura

*Signature Class

- **TONIFICAÇÃO**
TONE
- **FORÇA & CARDIO**
STRENGTH & CARDIO
- **CORPO & MENTE**
BODY & MIND

É necessário pré-reserva até às 19:00 do dia anterior.
Pre-booking is required until 07:00pm the day before.

Mais informações e reservas | More info & bookings
Ext.305003 / lisboa@activebyserenity.com