

Aulas de Grupo Semanais

Group Classes Program



SEGUNDA-FEIRA MONDAY	TERÇA-FEIRA TUESDAY	QUARTA-FEIRA WEDNESDAY
07:15 - 08:00 ACTIVE CYCLE 📍 Intensity Studio	08:00 - 08:45 ACTIVE PILATES 📍 Zen Studio	07:15 - 08:00 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 STRETCH 📍 Intensity Studio
18:30 - 19:15 ACTIVE PILATES 📍 Zen Studio	18h30 - 19:15 ACTIVE TBW 📍 Intensity Studio	19:30 - 20:15 ACTIVE CYCLE 📍 Intensity Studio
19:30 - 20:15 ACTIVE CYCLE 📍 Intensity Studio		19:30 - 20:45 YOGA BY SERENITY 📍 Zen Studio
QUINTA-FEIRA THURSDAY	SEXTA-FEIRA FRIDAY	SÁBADO SATURDAY
08:00 - 08:45 ACTIVE PILATES 📍 Zen Studio	07:15 - 08:00 ACTIVE TBW 📍 Zen Studio	09:00 - 10:15 YOGA BY SERENITY 📍 Zen Studio
09:00 - 09:45 ACTIVE PILATES 📍 Zen Studio	13:00 - 13:45 ACTIVE PILATES 📍 Zen Studio	09:30 - 10:15 ACTIVE TBW 📍 Intensity Studio
13:00 - 13:30 ACTIVE HIIT 📍 Zen Studio	18:30 - 19:15 ACTIVE PILATES 📍 Zen Studio	10:30 - 11:15 ACTIVE CYCLE 📍 Intensity Studio
18h45 - 19:15 ACTIVE STRETCH 📍 Intensity Studio		11:30 - 12:15 ACTIVE PILATES 📍 Zen Studio
DOMINGO SUNDAY		12:15 - 12:45 ACTIVE STRETCH 📍 Zen Studio
10:00 - 10:45 ACTIVE TBW 📍 Zen Studio	● FORÇA & CARDIO STRENGTH & CARDIO	● CORPO & MENTE BODY & MIND
11:00 - 11:30 ACTIVE STRETCH 📍 Zen Studio	● TONIFICAÇÃO TONE	● AULA ASSINATURA SIGNATURE CLASS

RESERVE JÁ
BOOK NOW

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

Reserve já | Book Now
Ext. 305003 / lisboa@activebyserenity.com