


























# CLASS TIMETABLE

## PLANO DE AULAS

MONDAY SEGUNDA	TUESDAY TERÇA	WEDNESDAY QUARTA	THURSDAY QUINTA	FRIDAY SEXTA	SATURDAY SÁBADO	SUNDAY DOMINGO
 <b>INDOOR CYCLE</b> 08:30h	 <b>LOW PRESSURE FITNESS</b> 09:00h	 <b>CLINICAL PILATES</b> 08:15h	 <b>CLINICAL PILATES</b> 09:00h	 <b>INDOOR CYCLE</b> 08:30h	 <b>CROSS TRAINING</b> 10:00h	 <b>YOGA</b> 10:00h
 <b>FULLBODY</b> 09:20h	 <b>CROSS TRAINING</b> 10:00h	 <b>HIIT STRENGTH</b> 09:00h	 <b>CROSS TRAINING</b> 10:00h	 <b>FULLBODY</b> 09:30h		
 <b>CLINICAL PILATES</b> 10:15h	 <b>STRETCHING</b> 11:00h	 <b>LOW PRESSURE FITNESS</b> 09:00h	 <b>STRETCHING</b> 11:00h	 <b>HYROX</b> 10:30h		
 <b>HYROX</b> 11:00h		 <b>INDOOR CYCLE</b> 11:00h	 <b>HYROX</b> 11:00h	 <b>YOGA</b> 11:15h		
		 <b>HYROX</b> 12:00h				

### CLASSES INTENSITY

-  Mind & Body
-  Functional
-  Fitness & Strength

### FITNESS CENTRE MEMBER

All the classes are included in the Membership

As aulas estão incluídas na Membership

Class booking made through the Fitness Centre App

Marcação das Aulas é feita através da App

### NON-MEMBERS

30€ per class

30€ por aula

Club Members have discount up to 50%

Club Members têm desconto até 50%

Bookings at Fitness Centre reception

Marcações são feitas na receção

# THE PURSUIT OF PERSONAL EXCELLENCE

A PROCURA DA EXCELÊNCIA PESSOAL



# CLASS TIMETABLE PLANO DE AULAS

We believe in performance without pressure  
and progress without comparison.

Acreditamos no desempenho sem pressão  
e no progresso sem comparação.

FOR ALL ENQUIRES PEDIDO DE INFORMAÇÃO

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[valedolobo.com](http://valedolobo.com)

**FITNESS CENTRE**

VALE DO LOBO