

# Fitness



Piscina de Loures

# Loures | Fitness 25/26

2 <sup>a</sup>	3 <sup>a</sup>	4 <sup>a</sup>	5 <sup>a</sup>	6 <sup>a</sup>	Sáb
Pilates 7:30	Pilates 8:20	Pilates 7:30	Pilates 8:20	Ritmos & Dança 9:10	Pilates 11:35 Estudio
Pilates 8:20	Pilates 12:05	Pilates 8:20	Pilates 12:05	Pilates 11:15	
Ritmos & Dança 9:10	Pilates 12:50	Ritmos & Dança 9:10	Pilates 12:50	Total Condicionamento 12:50	
Pilates 11:15	Yoga 18:25	Total Condicionamento 12:50	Yoga 18:25	Pilates 18:25	
Total Condicionamento 12:50	Yoga 19:15	Pilates 18:25	Yoga 19:15	Pilates 19:15	
Pilates 18:25		Pilates 19:15			
Pilates 19:15					