

Fitness



Piscina de Loures

Loures | Fitness 25/26

2 ^a	3 ^a	4 ^a	5 ^a	6 ^a	Sáb
Pilates 7:30	Pilates 8:20	Pilates 7:30	Pilates 8:20	Ritmos & Dança 9:10	Pilates 11:35 Estudio 3
Pilates 8:20	Cross Sénior 11:15	Pilates 8:20	Cross Sénior 11:15	Pilates 11:15	
Ritmos & Dança 9:10	Pilates 12:05	Ritmos & Dança 9:10	Pilates 12:05	Pilates PRÉ - MAMÃ 12:05	
Pilates 11:15	Pilates 12:50	Total Condicionamento 12:50	Pilates 12:50	Total Condicionamento 12:50	
Pilates PRÉ - MAMÃ 12:05	Yoga 18:25	Pilates 18:25	Yoga 18:25	Pilates 18:50	
Total Condicionamento 12:50	Yoga 19:15	Pilates 19:15	Yoga 19:15	Pilates 19:35	
Pilates 18:50					
Pilates 19:35					