

FEEL FREE®

Health Club

MAPA DE AULAS

SEGUNDA-FEIRA

HORA/SALA	MODALIDADE	INSTRUTOR
9-00	1 FEEL CYCLING	JOSÉ PINHO
10-00	1 FEEL LOCAL	JOSÉ PINHO
12-45	2 FEEL CIRCUIT EXPRESS (30MIN)	JOSÉ PINHO
17-30	1 FEEL GAP	JOSÉ PINHO
18-30	1 YOUR FIT PUM	JOANA ALMEIDA
	2 PFEEL FUNCTIONAL TRAINING	CATARINA SEIXAS
	3 FEEL CYCLING	RUI MANUEL
19-30	1 FEEL ZUMBA	CATARINA SEIXAS
	2 FEEL CROSSTRAINING	JOANA ALMEIDA
	3 FEEL CYCLING	RUI MANUEL

TERÇA-FEIRA

HORA/SALA	MODALIDADE	INSTRUTOR
9-00	1 FEEL PILATES	BRUNO MELO
10-00	1 FEEL POWER *	JOSÉ PINHO
12-45	3 FEEL CYCLING (30MIN)	JOSÉ PINHO
15-30	1 FEEL LOCAL	JOSÉ PINHO
17-30	1 FEEL CARDIO LOCAL POWER *	CATARINA SEIXAS
	2 FEEL WOD	DANIEL PIRES
18-30	1 FEEL STEP	CATARINA SEIXAS
	2 FEEL WOD	DANIEL PIRES
19-30	1 YOUR FIT JUMP	CATARINA SEIXAS
	2 FEEL XTREME CORE (30MIN)	DANIEL PIRES

QUARTA-FEIRA

HORA/SALA	MODALIDADE	INSTRUTOR
7-30	1 FEEL MVF (30MIN)	JOSÉ PINHO
10-00	1 FEEL GAP	JOANA ALMEIDA
12-45	2 FEEL CROSSTRAINING (30MIN)	JOANA ALMEIDA
15-00	3 FEEL CYCLING	JOSÉ PINHO
17-30	1 FEEL LOCAL	CÉU COELHO
18-30	1 FEEL PILATES	CÉU COELHO
	2 YOUR FIT FIGHT	JOANA ALMEIDA
	3 FEEL CYCLING	RUI MANUEL
19-30	1 FEEL PILATES	CÉU COELHO
	2 FEEL CROSSTRAINING	JOANA ALMEIDA
	3 FEEL CYCLING	RUI MANUEL

QUINTA-FEIRA

HORA/SALA	MODALIDADE	INSTRUTOR
9-00	1 FEEL PILATES	BRUNO MELO
10-00	1 FEEL PUMP	JOSÉ PINHO
12-45	1 FEEL POWER COMBAT (30MIN)	JOSÉ PINHO
15-30	1 FEEL PUMP	JOSÉ PINHO
17-30	1 YOUR FIT BOOTY	JOANA ALMEIDA
	2 FEEL WOD	DANIEL PIRES
18-30	1 YOUR FIT JUMP	CATARINA SEIXAS
	3 FEEL CYCLING	JOSÉ PINHO
	2 FEEL WOD	DANIEL PIRES
19-30	2 FEEL XTREME CORE (30MIN)	DANIEL PIRES
	3 FEEL CYCLING	JOANA ALMEIDA

SEXTA-FEIRA

HORA/SALA	MODALIDADE	INSTRUTOR
7-30	3 FEEL CYCLING (30MIN)	JOSÉ PINHO
10-00	1 FEEL GAP	JOSÉ PINHO
12-45	1 YOUR FIT JUMP (30MIN)	CATARINA SEIXAS
17-30	1 FEEL YOGA*	LICINIO OLIVEIRA
	2 FEEL STRENGTH & CONDITIONING	ANDRÉ FERREIRA
	3 FEEL CYCLING*	JOSÉ PINHO
18-30	1 FEEL PUMP	JOSÉ PINHO
	2 FEEL PILATES	CÉU COELHO
19-00	3 FEEL CYCLING	RUI MANUEL
19-30	2 FEEL PILATES	CÉU COELHO

SÁBADO

HORA/SALA	MODALIDADE	INSTRUTOR
9-30	1 FEEL PILATES	CÉU COELHO
10-30	3 FEEL CYCLING	JOSÉ PINHO
11-30	2 FEEL WOD	RAMIRO
15-00	2 FEEL STRENGTH & CONDITIONING	ANDRÉ FERREIRA

DOMINGO

HORA/SALA	MODALIDADE	INSTRUTOR
11H00	3 FEEL CYCLING	VARIOS

ALUA EXPERIMENTAL - DURAÇÃO DAS AULAS 20, 30 E 60 MINUTOS

O FEEL FREE HEALTH CLUB RESERVA-SE AO DEITO DE MODAR AS AULAS OU O PROFESSOR SEM AVISO PREVIO

OBRIGATORIO O USO DE TOALHA DE TENDU

APÓS 15 MINUTOS DE INICIO DE ATIVIDADE DE GRUPO NÃO SERÁ PERMITIDA A ENTRADA DE SOCOIS



AV. COMPLEXO DESPORTIVO das DAIRAS, 187 :: 3730-027 VALE DE CAMBRA
 GERALVC@FEELFREE.PT :: TEL. 919 573 312 :: 256 425 088

SEGUNDA-FEIRA A SEXTA-FEIRA :: 07H00 - 22H00
 SÁBADO :: 08H00 - 20H00 :: FERIADO :: 09H00 - 13H00
 DOMINGO :: 09H00 - 13H00

