CLASS TIMETABLE

Be-Fit Leiria

WEEK

21/11 – 27/11/2026

SATURDAY 21/11

- 09:20 – 10:20 **Crosstraining** — Sala Xtreme 1
- 11:35 – 12:20 **Body Pump** — Sala Xtreme 2

SUNDAY 22/11

No classes

MONDAY 23/11

- 07:15 – 08:00 **Cycling** — Sala Cycling
- 09:30 – 10:15 **G.A.P.** — Sala Verde
- 10:30 – 11:15 **Pilates** — Sala Verde
- 12:45 – 13:45 **Crosstraining** — Sala Xtreme 1
- 18:25 – 19:10 **Cycling** — Sala Cycling
- 18:30 – 19:30 **Crosstraining** — Sala Xtreme 1
- 18:30 – 19:15 **Localizada** — Sala Xtreme 2
- 19:20 – 20:05 **G.A.P.** — Sala Verde
- 19:30 – 20:15 **Cycling** — Sala Cycling
- 19:35 – 20:35 **Crosstraining** — Sala Xtreme 1
- 19:45 – 20:30 **Step** — Sala Xtreme 2
- 20:20 – 21:05 **Pilates** — Sala Verde

TUESDAY 24/11

- 07:15 – 08:15 **Hybrid Training** — Sala Xtreme 1
- 09:15 – 10:00 **Yoga** — Sala Verde
- 09:15 – 10:00 **Cycling** — Sala Cycling
- 13:00 – 13:45 **Body Pump** — Sala Verde
- 17:45 – 18:30 **Body & Mind** — Sala Xtreme 2
- 18:20 – 19:05 **Cycling** — Sala Cycling
- 18:20 – 19:20 **Hybrid Training** — Sala Xtreme 1
- 19:20 – 20:05 **Body Pump** — Sala Xtreme 2
- 19:25 – 20:10 **Cycling** — Sala Cycling
- 19:25 – 20:25 **Hybrid Training** — Sala Xtreme 1
- 20:30 – 21:15 **Localizada** — Sala Verde
- 20:45 – 21:30 **Zumba** — Sala Xtreme 2

WEDNESDAY 25/11

- 09:15 – 10:00 **Localizada** — Sala Verde
- 10:05 – 10:50 **Beflow** — Sala Verde
- 12:45 – 13:45 **Crosstraining** — Sala Xtreme 1
- 18:30 – 19:15 **Cycling** — Sala Cycling
- 18:30 – 19:15 **Localizada** — Sala Xtreme 2
- 18:30 – 19:30 **Crosstraining** — Sala Xtreme 1
- 19:25 – 19:55 **CORE** — Sala Xtreme 2
- 19:35 – 20:20 **Cycling** — Sala Cycling
- 19:45 – 20:30 **Fit Combat** — Sala Verde
- 20:10 – 20:55 **Pilates** — Sala Xtreme 2

THURSDAY 26/11

- 07:15 – 08:15 **Crosstraining** — Sala Xtreme 1
- 09:15 – 10:00 **Zumba** — Sala Verde
- 10:15 – 11:00 **Yoga** — Sala Verde
- 13:15 – 14:00 **Cycling** — Sala Cycling
- 18:20 – 19:05 **Cycling** — Sala Cycling
- 18:30 – 19:15 **Body Pump** — Sala Xtreme 2
- 18:35 – 19:20 **Pilates** — Sala Verde
- 19:25 – 20:10 **Cycling** — Sala Cycling
- 19:30 – 20:15 **3B Bum Bum Brasil** — Sala Xtreme 2
- 19:35 – 20:20 **Localizada** — Sala Verde
- 19:35 – 20:20 **Crosstraining** — Sala Xtreme 1

FRIDAY 27/11

- 07:15 – 08:15 **Hybrid Training** — Sala Xtreme 1
- 09:15 – 10:00 **Cycling** — Sala Cycling
- 10:30 – 11:15 **Pilates** — Sala Verde
- 12:45 – 13:45 **Hybrid Training** — Sala Xtreme 1
- 18:30 – 19:15 **Step_Local** — Sala Xtreme 2
- 18:45 – 19:30 **Cycling** — Sala Cycling
- 19:15 – 20:15 **Hybrid Training** — Sala Xtreme 1
- 19:30 – 20:15 **Body & Mind** — Sala Xtreme 2

Sala Cycling · Sala Verde · Sala Xtreme 1 · Sala Xtreme 2

CLASS TIMETABLE

Be-Fit Leiria

WEEK

28/11 – 04/12/2026

SATURDAY 28/11

- 09:20 – 10:20 **Crosstraining** — Sala Xtreme 1
- 09:30 – 10:15 **Cycling** — Sala Cycling
- 10:30 – 11:15 **Cycling** — Sala Cycling
- 11:35 – 12:20 **Body Pump** — Sala Xtreme 2

SUNDAY 29/11

No classes

MONDAY 30/11

- 07:15 – 08:00 **Cycling** — Sala Cycling
- 09:30 – 10:15 **G.A.P.** — Sala Verde
- 10:30 – 11:15 **Pilates** — Sala Verde
- 12:45 – 13:45 **Crosstraining** — Sala Xtreme 1
- 18:25 – 19:10 **Cycling** — Sala Cycling
- 18:30 – 19:30 **Crosstraining** — Sala Xtreme 1
- 18:30 – 19:15 **Localizada** — Sala Xtreme 2
- 19:20 – 20:05 **G.A.P.** — Sala Verde
- 19:30 – 20:15 **Cycling** — Sala Cycling
- 19:35 – 20:35 **Crosstraining** — Sala Xtreme 1
- 19:45 – 20:30 **Step** — Sala Xtreme 2
- 20:20 – 21:05 **Pilates** — Sala Verde

TUESDAY 01/12

- 07:15 – 08:15 **Hybrid Training** — Sala Xtreme 1
- 09:15 – 10:00 **Yoga** — Sala Verde
- 09:15 – 10:00 **Cycling** — Sala Cycling
- 13:00 – 13:45 **Body Pump** — Sala Verde
- 17:45 – 18:30 **Body & Mind** — Sala Xtreme 2
- 18:20 – 19:20 **Hybrid Training** — Sala Xtreme 1
- 18:20 – 19:05 **Cycling** — Sala Cycling
- 19:20 – 20:05 **Body Pump** — Sala Xtreme 2
- 19:25 – 20:10 **Cycling** — Sala Cycling
- 19:25 – 20:25 **Hybrid Training** — Sala Xtreme 1
- 20:30 – 21:15 **Localizada** — Sala Verde
- 20:45 – 21:30 **Zumba** — Sala Xtreme 2

WEDNESDAY 02/12

- 09:15 – 10:00 **Localizada** — Sala Verde
- 10:05 – 10:50 **Beflow** — Sala Verde
- 12:45 – 13:45 **Crosstraining** — Sala Xtreme 1
- 18:30 – 19:15 **Localizada** — Sala Xtreme 2
- 18:30 – 19:15 **Cycling** — Sala Cycling
- 18:30 – 19:30 **Crosstraining** — Sala Xtreme 1
- 19:25 – 19:55 **CORE** — Sala Xtreme 2
- 19:35 – 20:20 **Cycling** — Sala Cycling
- 19:45 – 20:30 **Fit Combat** — Sala Verde
- 20:10 – 20:55 **Pilates** — Sala Xtreme 2

THURSDAY 03/12

- 07:15 – 08:15 **Crosstraining** — Sala Xtreme 1
- 09:15 – 10:00 **Zumba** — Sala Verde
- 10:15 – 11:00 **Yoga** — Sala Verde
- 13:15 – 14:00 **Cycling** — Sala Cycling
- 18:20 – 19:05 **Cycling** — Sala Cycling
- 18:30 – 19:15 **Body Pump** — Sala Xtreme 2
- 18:35 – 19:20 **Pilates** — Sala Verde
- 19:25 – 20:10 **Cycling** — Sala Cycling
- 19:30 – 20:15 **3B Bum Bum Brasil** — Sala Xtreme 2
- 19:35 – 20:20 **Localizada** — Sala Verde
- 19:35 – 20:20 **Crosstraining** — Sala Xtreme 1

FRIDAY 04/12

- 07:15 – 08:15 **Hybrid Training** — Sala Xtreme 1
- 09:15 – 10:00 **Cycling** — Sala Cycling
- 10:30 – 11:15 **Pilates** — Sala Verde
- 12:45 – 13:45 **Hybrid Training** — Sala Xtreme 1
- 18:30 – 19:15 **Step_Local** — Sala Xtreme 2
- 18:45 – 19:30 **Cycling** — Sala Cycling
- 19:15 – 20:15 **Hybrid Training** — Sala Xtreme 1
- 19:30 – 20:15 **Body & Mind** — Sala Xtreme 2

Sala Cycling · Sala Verde · Sala Xtreme 1 · Sala Xtreme 2