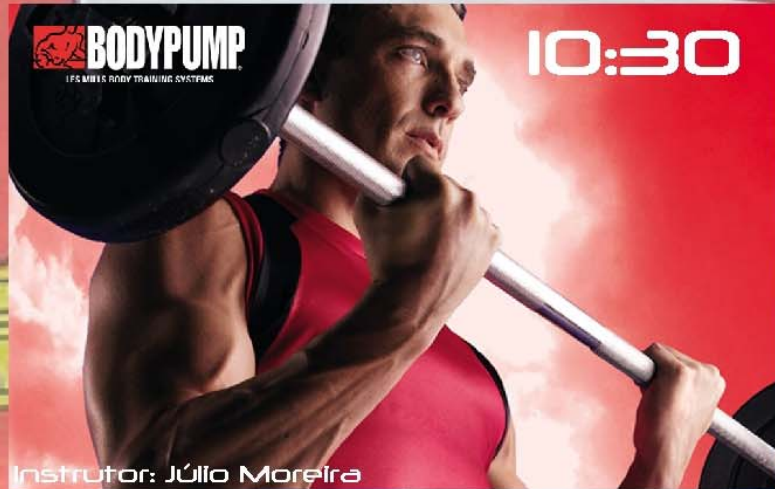


# FERIADO 01 DE DEZEMBRO



**BODYPUMP**  
LIFE MEMBER BODY TRAINING SYSTEMS

10:30

Instrutor: Júlio Moreira

A man in a red tank top is lifting a barbell over his shoulder. The background is a bright, cloudy sky.



11:30

**SPINNING**

Instrutor: João Fernandes

A group of cyclists are riding on a road bike in a studio setting. The background is a blue and white sky with palm trees. The word "SPINNING" is written in large, bold, white letters across the middle of the image.

**Horário de Funcionamento**

**Te.: 218 531 524**

**9h às 17h**

**[www.sclub.com.pt](http://www.sclub.com.pt)**