

Monday	Tuesday	Wednesday	Thursday	Friday
	Nirvana Fitness 7:45-8:30		Pilates 7:45-8:30	2º Semestre
	CORE 8:30-9:15		GAP 8:30-9:15	
Functional Training 12:00-12:45	Self-Defense* 12:00-13:00	Functional Training 12:00-12:45	Self-Defense* 12:00-13:00	
Pilates 12:45-13:30	Daoyin Qigong 13:00-14:00	Pilates 12:45-13:30		
	Self-Defense* 17:00-18:00		Self-Defense* 17:00-18:00	
Running 18h (Polidesp)			Running 18:00-19:30 (Ginásio)	
Pilates 17:30-18:15				
CORE/GAP 18:15-19:00				
Qigong*	Self-Defense* 20:00-21:00	Qigong*		Self-Defense* 20:00-21:00



Pilates A method for training posture, flexibility and endurance. Suited for improving strength and flexibility.

GAP Training specifically for abs, glutes and legs. Regular participation gives excellent results.

Core Strength training for the abs and back. Helps to prevent back pain and improve posture.

Functional Training Intense and varied circuit training sessions. Develops strength and general stamina.

Nirvana Fitness Sessions that integrate components of Yoga, Pilates and Meditation. Ideal for the start of your day.

Therapeutic Chi Kung Relaxing sessions that work on bodily awareness and generally improve flexibility and posture. Can be practiced by individuals with special conditions or lower mobility.

Running@ISCTE Running training and muscle strengthening for those who already run or want to start. Monday and Thursdays - 18:00

*Private. Open to the Iscte community under special conditions.

Procedure for enrolling in a Fitness programme: fill out the online form with your selected schedule (2x per week suggested), then pay the annual safety fee of 10 euros (when applicable) and the value corresponding to your choice of sessions at the Iscte Treasury (Edifício 1).