

SASNOVA

SERVIÇOS DE ACÇÃO SOCIAL
UNIVERSIDADE NOVA DE LISBOA

Dear all,

We hope that all of you and your families remain well and protected under these difficult circumstances. NOVA Desporto would still like to inform you that we are carrying on promoting physical activities to practice at home with online classes that you can follow live with our coaches through our Instagram page. The classes are being held through the Zoom Website/App and can be accessed with a code and password that you will find in our Instastories before the start of each class. Here you have the schedule of all our classes, as well as the link of our Instagram page and a map of classes, to make sure you do not lose any activities these days:

Instagram NOVA Desporto:

<https://www.instagram.com/novadesporto/>

Pilates with Leonor:

Instagram Live NOVA Desporto - Mondays at 5pm and Wednesdays at 12pm

*Zoom (link to be released at NOVA Desporto Instagram) - Mondays at 12pm,
Wednesdays at 5pm, Tuesdays and Thursdays at 9am*

Functional Training with Cristian:

Instagram Live NOVA Desporto - Tuesdays at 7pm and Fridays at 12pm

Yoga with Joana:

Instagram Live NOVA Desporto and Zoom - Tuesdays at 1pm and Thursdays at 5pm

*Zoom (link to be released at NOVA Desporto Instagram) - Mondays and Wednesdays
at 7pm, Tuesdays and Thursdays at 1pm, Tuesdays and Thursdays at 5pm*

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Life besides being an athlete!

Weekly announced on Instagram

Interviews with Student-Athletes from Nova Desporto sport teams:

Weekly announced on Instagram

We deeply expect that all of you stay well and at home and we trust that you will continue to be a part of this large family, even under all these adversities. These led us to plan and organize everything for you from our own homes, but we are sure we will all be together again soon enough to keep enforcing sports as the trademark of Nova University of Lisbon.

Thank you all and keep safe,

NOVA Desporto

#somosnova #stayathome