

# HORÁRIOS DE AULAS

SEG	TER	QUA	QUI	SEX	SÁB
PUMP (1) 07:00 ●	PILATES (1) 07:00 ●	PUMP 07:00 ●	ABS+GLÚTEOS (1) 07:00 ●	ALONGAMENTO 07:00 ●	ESCALA 10:00 ●
BIKE III (B) 07:30 ●	H.I.I.T 08:00 ●	H.I.I.T 07:45 ●	ALONGAMENTO (1) 07:30 ●	BIKE II 07:30 ●	BIKE III (B) 11:00 ●
BALLET FITNESS 08:00 ●	LOCAL (1) 09:00 ●	BALLET FITNESS 08:15 ●	H.I.I.T 08:00 ●	GAP 08:00 ●	
ZUMBA (1) 08:45 ●	H.I.I.T 18:00 ●	ZUMBA 08:45 ●	PILATES (1) 08:30 ●	ALONGAMENTO 18:00 ●	
FELIZ IDADE 15:00 ●	PILATES 18:30 ●	FELIZ IDADE 15:00 ●	PUMP (1) 09:00 ●	BIKE II (B) 18:30 ●	
ABS+GLÚTEOS (1) 17:30 ●	JUMP 19:00 ●	ALONGAMENTO (2) 18:00 ●	ALONGAMENTO 18:00 ●	BALLET FITNESS (1) 19:00 ●	
JUMP/ALONGAMENTO (1) 18:00 ●	BIKE CLASS 19:30 ●	BIKE CLASS 18:30 ●	PILATES 18:30 ●	ZUMBA (1) 19:30 ●	
BOXE (1) 18:30 ●	LOCAL 20:15 ●	H.I.I.T 19:30 ●	JUMP 19:00 ●		
BIKE II (B) 18:30 ●		BOXE (2) 20:30 ●	BIKE CLASS 19:30 ●		<b>DOM</b>
H.I.I.T 19:30 ●		ABS (2) 21:15 ●	LOCAL 20:15 ●		---
ALONGAMENTO 19:30 ●					
ABDOMINAL (1) 20:00 ●					
BIKE I (B) 20:30 ●					
BOXE (2) 20:30 ●					
ABS (2) 21:15 ●					

UNIDADE JARDIM

DURAÇÃO DAS AULAS

● 60'

● 45'

● 30'

● 15'