

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

07:00	RPM	YOGA	RPM	YOGA	RPM
07:10		RITMOS		RITMOS	
07:45	THAI CHI/RELAX/ALONGAMENTO		LOCAL		THAI CHI/RELAX/ALONGAMENTO
08:00		GAP		GAP	
08:30	AERODANCE	ABDOMEN	AERODANCE	ABDOMEN	AERODANCE
09:00		ALONGAMENTO		ALONGAMENTO	
09:30	YOGA	MAT PILATES	YOGA	MAT PILATES	YOGA
16:00	MAT PILATES		MAT PILATES		
17:00	BALLET INFANTIL 1	CIRCO INFANTIL	BALLET INFANTIL 1	CIRCO INFANTIL	
17:45	BALLET INFANTIL 2		BALLET INFANTIL 2		
18:00		AERODANCE		AERODANCE	C. FUNCIONAL
18:30	C. FUNCIONAL		C. FUNCIONAL		
18:45					SPINNING
19:00		LOCAL/YOGA		LOCAL/YOGA	
19:15	SPINNING		SPINNING		
19:30	BOXE		BOXE		JIU-JITSU
20:00	ABDOMEN	MAT PILATES /CIRCO AD.	ABDOMEN	MAT PILATES/CIRCO AD.	
20:30	JIU-JITSU		JIU-JITSU		JIU-JITSU