

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

07:00	YOGA		YOGA		YOGA
07:15	POWER JUMP	BODY PUMP	SPINNING	BODY PUMP	
08:00	SUPER LOCAL	MAT PILATES	SUPER LOCAL	MAT PILATES	SPINNING /ABDOMEN
08:30	BOXE		BOXE		
09:00	ALONGAMENTO	ALONGAMENTO	ALONGAMENTO	ALONGAMENTO	ALONGAMENTO
09:30	BIO QUALITY	DANÇA EXPRESSÃO	BIO QUALITY	DANÇA EXPRESSÃO	BIO QUALITY
10:30	GINÁSTICA POSTURAL	AERODANCE	GINÁSTICA POSTURAL	AERODANCE	GINÁSTICA POSTURAL
15:30	CORRIDA INDOOR		CORRIDA INDOOR		C. FUNCIONAL
16:00	SUPER LOCAL	MAT PILATES	SUPER LOCAL	MAT PILATES	
16:30					ABDOMEN
17:00	ALONGAMENTO	BODYSTEP	ALONGAMENTO	POWER JUMP	GINÁSTICA POSTURAL
17:30	CIRCO INFANTIL	JUDÔ INFANTIL	CIRCO INFANTIL	JUDÔ INFANTIL	
18:00		BODY PUMP		BODY PUMP	
18:15	MAT PILATES		MAT PILATES		ALONG/MOBILID
18:30	YOGA		YOGA		YOGA
19:00		ALONGAMENTO/BOXE		ALONGAMENTO/BOXE	
19:15			C. FUNCIONAL		SUPER LOCAL
19:30		AERODANCE		AERODANCE	
19:45	JIU-JITSU		JIU-JITSU		JIU-JITSU
20:00	SPINNING		SPINNING		SPINNING (30")
20:15		JIU-JITSU		JIU-JITSU	
20:45	ALONGAMENTO		ALONGAMENTO		