

MAPA DE AULAS

HORÁRIO	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
07:10			Energize (30')		Pilates (50')		
09:00	Localizada (15')	HIIT (15')	Abs (15')	Gap (15')	Energize (15')	Abs (15')	Stretching (15')
10:10	Cycling (50')	Pilates (50')		Pilates (50')			Strong Fit (30')
11:00						JIU JITSU (90')	
11:30	HIIT (15')	Stretching (15')	Energize (15')	Localizada (15')	Abs (15')		HIIT (15')
12:45	Strong Fit (30')		Pilates (30')		Energize (30')		
15:00	Stretching (15')	Abs (15')	HIIT (15')	Energize (15')	Localizada (15')	Gap (15')	
18:00	Gap (15')	Pilates (30')	Energize (15')	Abs (15')	Cycling (30')		
18:30	Strong Fit (30')		Cycling (30')	3B Brasil (30')			
18:35		Localizada (30')			Pilates (50')		
19:00			Desp. Combate (50')		Desp. Combate (50')		
19:05	GAP (30')		Pump (50')	Cycling (30')			
19:10		Strong Fit (30')					
19:25							
19:40	Energize (30')			Pilates (50')	Cross Training (50')		
19:45		Schwinn Cycling (30')					
20:00			Fit Brasil (50')				
20:10	Mind & Sould (50')						
20:20		Cross Training (50')					
20:35				Energize (30')			
21:00	Energize (15')	Energize (15')	Abs (15')	Localizada (15')	HIIT (15')		