

MAPA DE AULAS

SETEMBRO

2ª feira

7:15	FUNCIONAL	4
8:45	FUNCIONAL	4
9:00	X-CORE 30'	2
	STRETCHING	3
9:30		
9:45	JUMP IN	2
10:00	BIKE	1
	TRX	4
10:15	ACTIVE GYM	3
11:00		
11:15	LOCALIZADA	2
11:30	PILATES	3
12:30		
13:00	BIKE	1
	TABATA	4
14:30		
15:00	STRETCHING	3
15:30		
16:00	FUNCIONAL	4
16:30		
17:45	HIIT	4
18:30	BIKE	1
18:45	MOBILIDADE FLOW	3
19:00	MUEVETE	2
	FUNCIONAL	4
19:45	BIKE	1
20:00	PILATES	3
	STEP	2
20:15	BOXE WORKOUT	4

3ª feira

7:15	BODY PUMP	2
	YOGA	3
8:30	BIKE	1
9:00	GAP	2
	YOGA TERAPÉUTICO	3
10:00	FUNCIONAL	4
10:30		
11:00		
11:15	PILATES	3
11:30	LOCALIZADA	2
12:00		
12:30		
13:00	PILATES	3
	FUNCIONAL	4
14:30		
15:00		
15:30		
16:00	BIKE	1
16:30		
17:00		
17:30		
17:45	GAP	2
18:15	BIKE	1
	FUNCIONAL	4
18:30	TAI-CHI	3
19:00	JUMP IN	2
19:30	TRX	4
19:45	PILATES	3
20:15	BODY PUMP	2
20:30		

4ª feira

7:15	BIKE	1
	PILATES	3
8:00		
8:30		
8:45	LOCALIZADA	2
9:30	STRETCHING	3
10:00	MUEVETE	2
10:15	BIKE	1
10:30	FUNCIONAL	4
11:15	TOTAL COND.	2
11:30		
12:00		
12:30		
13:00	BIKE	1
	LOCALIZADA	2
	YOGA	3
14:30		
15:00		
15:30		
16:00	BODY PUMP	2
16:30		
17:00		
17:30		
18:00		
18:15	HIIT	4
18:30	BIKE	1
	LOCALIZADA	2
19:15	YOGA	3
19:30	FUNCIONAL	4
19:45	CROSSTRAINING	2
20:30	PILATES	3

5ª feira

7:15	LOCALIZADA	2
	TRX	4
8:00		
8:30	FUNCIONAL	4
9:00	JUMP IN	2
9:30	BIKE	1
10:00	YOGA TERAÉUTICO	3
10:15	ZUMBA	2
10:30	BOXE WORKOUT	4
11:00		
11:15	PILATES	3
11:30	GAP	2
12:00		
12:30		
13:00	TABATA	2
	PILATES	3
14:30		
15:00		
15:30		
16:00	LOCALIZADA	2
16:30		
17:00		
17:30		
18:00	X-CORE 30'	4
	STRETCHING	3
18:30	GAP	2
18:45	BIKE	1
	FUNCIONAL	4
18:55	RUNNING	OUT
19:30	PILATES	3
19:45	BODY PUMP	2
20:00	TABATA	4

6ª feira

7:15	BIKE	1
	FUNCIONAL	4
8:00		
8:30	X-CORE 30'	2
9:00		
9:15	LOCALIZADA	2
9:30	PILATES	3
10:15	FUNCIONAL	4
10:45	ACTIVE GYM	3
11:00	BIKE	1
11:15	JUMP IN	2
11:30		
12:00		
12:30		
13:00	GAP	2
	HIIT	4
14:30		
15:00		
15:30		
16:00	BIKE	1
16:30		
17:00		
17:30		
18:00		
18:15	BODY PUMP	2
	FUNCIONAL	4
18:30	BIKE	1
	PILATES	3
19:00	LOCALIZADA	2
	BOXE WORKOUT	4
20:00		

Sábado

9:30	STEP	2
	STRETCHING	3
	FUNCIONAL	4
9:45	BIKE	1
10:00		
	MUEVETE	2
	YOGA 90'	3
	FUNCIONAL	4
11:00	HIIT BIKE 30'	1
	BIKE	1
12:00	TOTAL COND.	2
	HIIT	4
13:00		
14:00		
15:00		
16:00		
18:00	PILATES	3
	BIKE	1
19:00	FUNCIONAL	4

Domingo

9:30	LOCALIZADA	2
9:45	YOGA 90'	3
10:00	BIKE	1
10:30	FUNCIONAL	4
11:30	X-CORE 30'	2
	PILATES	3
12:00	BIKE	1
13:00		
14:00		
15:00		
16:00		
18:00	GAP	2
19:00	FUNCIONAL	4

1	ESTÚDIO 1	ACTIVE GYM	RUNNING
2	ESTÚDIO 2	BIKE	STEP
3	ESTÚDIO 3	BODY PUMP	STRETCHING
4	ESTÚDIO 4	BOXE WORKOUT	TABATA
OUT	OUTDOOR	FUNCIONAL	TAI-CHI
		GAP	TRX
		HIIT	YOGA
		HIIT BIKE 30'	YOGA TERAPÉUTICO
		JUMP IN	ZUMBA
		LOCALIZADA	X-CORE 30'
		PILATES	MUEVETE
		TOTAL COND.	CROSSTRAINING
		MOBILIDADE FLOW	