



QUADRO DE AULAS

MANHÃ	SEG	TER	QUA	QUI	SEX
07:00	BIKE INDOOR 30' SILVIA	BIKE INDOOR 30' SILVIA		BIKE INDOOR 30' SILVIA	
07:30		FAST BURNING 30' SILVIA		FAST BURNING 30' SILVIA	
08:15		ZUMBA 45' ROBERTO		ZUMBA 45' ROBERTO	
TARDE	SEG	TER	QUA	QUI	SEX
14:30	BIKE INDOOR 30' RAFAEL	STEP 30' RAFAEL	ZUMBA 45' RAFAEL	JUMP 30' RAFAEL	BIKE INDOOR 30' RAFAEL
15:00	GFIGHT 45' RAFAEL	HIIT 15' RAFAEL		ABD/GLÚTEOS 30' 15' CADA - RAFAEL	PILATES 45' RAFAEL
15:15		ABDÔMEN 15' RAFAEL	PILATES 45' RAFAEL		
16:00			ALO 30' RAFAEL		
17:30	ALO 30' CAROL		PILATES 45' CAROL		
NOITE	SEG	TER	QUA	QUI	SEX
18:00	G. A. P 45' CAROL	BIKE INDOOR 30' FABIO		BIKE INDOOR 30' FABIO	BIKE INDOOR 30' FABIO
18:15			LOCALIZADA 45' CAROL		
18:30		ABDÔMEN 30' FABIO		PILATES 45' FABIO	HIIT 45' FABIO
18:45	ZUMBA 45' CAROL				
19:00		BIKE INDOOR 30' FABIO	BIKE INDOOR 30' CAROL		
19:15				BIKE INDOOR 30' FABIO	
19:30	BIKE INDOOR 30' CAROL				

OS HORÁRIOS PODERÃO SER ALTERADOS CASO HAJA NECESSIDADE

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