

HORÁRIOS

HORÁRIO	LOCAL	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:00	SALA 2	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
07:00	SALA 3	EXPRESS TOTAL 45'		EXPRESS TOTAL 45'		EXPRESS TOTAL 45'	
07:45	SALA 1	POWER GLÚTEO 15'	ABD EXPRESS 15'	POWER GLÚTEO 15'	ABD EXPRESS 15'	POWER GLÚTEO 15'	
08:00	SALA 1		JUMP		JUMP		
08:00	SALA 3	PERSONAL GROUP		PERSONAL GROUP		PERSONAL GROUP	
08:45	SALA 1		ABD EXPRESS 15'		ABD EXPRESS 15'		
09:00	SALA 3	PERSONAL GROUP	EXPRESS 30'	PERSONAL GROUP	EXPRESS 30'	PERSONAL GROUP	
10:00	SALA 3	PERSONAL GROUP		PERSONAL GROUP		PERSONAL GROUP	
10:30	SALA 2						SPINNING
11:00	SALA 3	PERSONAL GROUP		PERSONAL GROUP		PERSONAL GROUP	
12:00	SALA 3	PERSONAL GROUP		PERSONAL GROUP			
12:15	SALA 2	SPINNING		SPINNING			
16:30	SALA 3		PERSONAL GROUP		PERSONAL GROUP		
17:30	SALA3		PERSONAL GROUP		PERSONAL GROUP		
18:00	SALA 1	ABD + ALONG 30'	ABD + ALONG 30'	ABD + ALONG 30'	ABD + ALONG 30'	ABD + ALONG 30'	
18:00	SALA 2	SPINNING		SPINNING			
18:00	SALA 3	EXPRESS 30'		EXPRESS 30'		EXPRESS 30'	
18:30	SALA 1	GAP	CIRCUITO POSTURAL	GAP	CIRCUITO POSTURAL	GAP	
18:30	SALA 2		SPINNING		SPINNING	SPINNING	
18:30	SALA 3	PERSONAL GROUP	EXPRESS 30'	PERSONAL GROUP	EXPRESS 30'	PERSONAL GROUP	
19:00	SALA 1	JUMP	GAP	JUMP	GAP	JUMP	
19:00	SALA 2	SPINNING		SPINNING			
19:00	SALA 3		EXPRESS 30'		EXPRESS 30'		
19:30	SALA 1		JUMP		JUMP		
19:30	SALA 2		SPINNING		SPINNING		
19:30	SALA 3	PERSONAL GROUP	PERSONAL GROUP	PERSONAL GROUP	PERSONAL GROUP	PERSONAL GROUP	
19:45	SALA 1	ABD EXPRESS 15'		ABD EXPRESS 15'		ABD EXPRESS 15'	
20:00	SALA 1					BOXE	
20:15	SALA 1		ABD EXPRESS 15'		ABD EXPRESS 15'		
20:30	SALA3	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU	
20:30	SALA 1		DANÇA	BOXE			