

HORÁRIO

2ª A 6ª FEIRA 07:00 - 22:00
 SÁB & FERIADOS 08:00 - 14:00
 DOMINGO Encerrado



AULAS OUTDOOR

2ª FEIRA MONDAY LUNDI				3ª FEIRA TUESDAY MARDI				4ª FEIRA WEDNESDAY MERCREDI				5ª FEIRA THURSDAY JEUDI				6ª FEIRA FRIDAY VENDREDI				SÁBADO SATURDAY SAMEDI											
H	D	T	E	H	D	T	E	H	D	T	E	H	D	T	E	H	D	T	E	H	D	T	E								
08:30	45	TRX	4	08:00	45	BOOTCAMP	OUT DOOR	07:30	30	INDOOR CYCLING EXPRESS	1	08:30	30	HITT	4	07:30	30	INDOOR CYCLING EXPRESS	1												
09:15	45	INDOOR CYCLING	1	08:30	45	INDOOR CYCLING	1	08:30	45	LES MILLS BODYPUMP	3	09:10	10	ABS	4	08:30	45	CORE TRAINING	4	09:15	45	LES MILLS BODYBALANCE	2	09:15	45	INDOOR CYCLING	1	09:15	45	LES MILLS BODYBALANCE	2
10:15	45	LES MILLS BODYPUMP	3	09:15	45	STEP	3	09:15	45	PILATES	2	09:15	45	STEP	3	09:15	45	YOGA	2	10:15	45	INDOOR CYCLING	1	10:15	45	INDOOR CYCLING	1				
10:15	45	PILATES	2	09:20	10	ABS	2	10:15	45	ZUMBA	3	10:15	45	LOCALIZADA	3	10:15	45	POWER JUMP	3	10:15	45	LES MILLS BODYPUMP	3	11:15	45	LES MILLS BODYATTACK	3				
11:15	30	LES MILLS BODYATTACK	3	10:15	45	LES MILLS BODYBALANCE	2	10:15	45	INDOOR CYCLING	1	11:15	45	INDOOR CYCLING	1	11:15	45	LES MILLS BODYPUMP	3												
11:15	45	ZUMBA	2	11:15	45	LOCALIZADA	3	11:15	45	CORE TRAINING	4	11:15	45	LES MILLS BODYBALANCE	2																
17:30	30	LOCALIZADA EXPRESS	3					17:30	30	TRX	4					17:30	30	GAP EXPRESS	3												
18:15	30	HITT	4	18:15	45	ZUMBA	2	18:30	45	LOCALIZADA	3	18:30	45	LES MILLS BODYPUMP	3	18:15	45	STEP	3												
18:30	45	INDOOR CYCLING	1	18:30	30	LES MILLS BODYCOMBAT	3	18:30	45	LES MILLS BODYATTACK	2	18:45	45	TRX	4	18:30	45	LES MILLS BODYCOMBAT	2												
19:00	30	TRX	4	18:45	45	CORE TRAINING	4	18:30	45	INDOOR CYCLING	1	18:45	45	ZUMBA	2	19:00	45	CORE TRAINING	4												
19:15	45	LES MILLS BODYPUMP	3	19:00	30	INDOOR CYCLING EXPRESS	1	19:15	45	BOOTCAMP	OUT DOOR	19:15	45	INDOOR CYCLING	1	19:15	45	LES MILLS BODYATTACK	3												
19:15	10	ABS	2	19:15	45	POWER JUMP	3	19:20	10	ABS	4	19:30	45	POWER JUMP	3	19:30	10	ABS	2												
19:30	45	BOOTCAMP	OUT DOOR	19:30	45	GAP	2	19:30	45	STEP	3	19:45	45	LOCALIZADA	2																
19:30	45	PILATES	2					19:30	45	LES MILLS BODYBALANCE	2																				



LES MILLS
BODYATTACK

ONLINE	AULA	TREINO	AULA	TREINO	AULA	TREINO