

AULAS DE GRUPO

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:15	CIRCUIT TRAIN	CYCLING	CIRCUIT TRAIN	CYCLING			
07:50					ABS (20')		
9:30		HIDRO		HIDRO		TAI CHI	
10:00	LOCAL		LOCAL		TOTAL CONDIC		
10:10			CIRCUIT TRAIN				
10:30		ZUMBA		ZUMBA		CYCLING	
11:10	ALONGAMENTOS		PILATES		ALONGAMENTOS		
11:30		ABS (20')		ABS (20')		CYCLING	CYCLING
12:40	HIDRO		HIDRO		HIDRO	ABS (20')	
12:45	LOCAL	CYCLING	LOCAL	CYCLING			
12:50	CIRCUIT TRAIN	CORPO/MENTE	CIRCUIT TRAIN	PILATES	TOTAL CONDIC		
13:00		FIT BOX		FIT BOX	BODY COMBAT		

15:30		CIRCUIT TRAIN		CIRCUIT TRAIN			
17:30		LOCAL		LOCAL			
18:00	ABS (20')		ABS (20')				LOCAL
18:20	LOCAL						
18:25	AERODANCE	ZUMBA	STEP	ZUMBA	DANCE FUSION		
18:30	HIDRO		CYCLING		CIRCUIT TRAIN	ZUMBA	
			PILATES		HIDRO		
			HIDRO				
18:35		CYCLING					
18:40				CYCLING			
18:45	CYCLING						
18:50		CIRCUIT TRAIN		CIRCUIT TRAIN			
19:00		CLUBE DE CORRIDA				CIRCUIT TRAIN	
19:15		HIDRO		HIDRO			CYCLING
19:30	BODY COMBAT		BODY COMBAT	JUMP	CYCLING		
	STEP		DANCE FUSION		AERODANCE		
19:35		JUMP					
19:45		ABS (20')		ABS (20')			
19:50		CYCLING		CYCLING			
20:30	LOCAL	PILATES	LOCAL	PILATES	LOCAL		
20:35	CORPO/MENTE		CORPO/MENTE				
21:35		LOCAL		LOCAL			
21:40	CYCLING		CYCLING				

ARTES MARCIAIS

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
11:15	JIU JITSU		JIU JITSU		JIU JITSU		
16:00						JIU JITSU	
20:15		JIU JITSU		JIU JITSU			

NATAÇÃO

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
10:00	ADULTOS		ADULTOS				
10:15						CR - 3 a 6 ANOS	
11:00						BEBÉS	
11:45						CR - NIVEL I E II	
17:00	CR - NIVEL II		CR - NIVEL II		CR - NIVEL II		
17:45	ADULTOS	CR - NIVEL I		CR - NIVEL I	ADULTOS		
18:30		CR - NIVEL II		CR - NIVEL II			
19:15	ADULTOS		ADULTOS				