

Grade de Aulas

ATUALIZADO EM 11/09/2023

HORÁRIOS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:00		PUMP FERNANDO (45')		COMBAT FERNANDO (45')	YOGA GUILHERME (60')	
07:30	YOGA GUILHERME (60')		YOGA GUILHERME (60')			08:30 CAPOEIRA GLAUBER
	BIKE CLASS RICARDO (30')		BIKE CLASS RICARDO (30')			
08:00		BIKE CLASS BRUNA (30')		BIKE CLASS BRUNA (30')	JUMP FERNANDO (45')	10:30 AULAS ESPECIAIS
08:30	BALANCE RICARDO (45')	ALONGAMENTO BRUNA (30')	DANÇA DO VENTRE + AROMATERAPIA LUCIANA (60')	ALONGAMENTO BRUNA (30')	08:45 PUMP FERNANDO (45')	12:00 FITDANCE HELENO (60')
INTERVALO						
15:30	JUMP FERNANDO (45')	PUMP FERNANDO (45')	BALANCE RICARDO (45')	PUMP FERNANDO (45')		
16:30	RITMOS TATYANE (60')	COMBAT FERNANDO (45')	RITMOS TATYANE (60')	JUMP FERNANDO (45')		
17:00					RITMOS TATYANE (60')	
18:00	COMBAT FERNANDO (45')	BIKE CLASS RICARDO (30')	PUMP FERNANDO (45')	BIKE CLASS RICARDO (30')	DANÇA DO VENTRE + AROMATERAPIA LUCIANA (60')	
18:30		HARD CORE GIL (30')		HARD CORE GIL (30')		
19:00	ZUMBA ADRIANO (60')	JUMP FERNANDO (45')	ZUMBA ADRIANO (60')	BALANCE RICARDO (45')	BIKE CLASS BRUNA (30')	
19:30					FUNCIONAL BRUNA (30')	
19:45		FITDANCE INGRID (60')		FITDANCE INGRID (60')		
20:00	PUMP FERNANDO (45')		POWER HIIT FERNANDO (30')		ALONGAMENTO BRUNA (30')	
20:45	JUMP FERNANDO (45')	CAPOEIRA GLAUBER (30')	COMBAT FERNANDO (45')	CAPOEIRA GLAUBER (30')		
		BIKE CLASS RICARDO (30')		BIKE CLASS RICARDO (30')		