

HORÁRIO DE AULAS - GINÁSTICA

	SEG	TER	QUA	QUI	SEX	SAB
07:00	JUMP 30´ ALINE	BIKE INDOOR 30´ DANILO		BIKE INDOOR 30´ DANILO		
07:15			BIKE INDOOR 30´ HELENA			
07:30	ABDÔMEN 30´ HELENA	CONDIC. FÍSICO 45´ DANILO		H I T 30´ DANILO	JUMP 30´ HELENA	
07:45			JUMP 30´ HELENA			
08:00	BIKE INDOOR 30´ HELENA					
08:00	PILATES 45´ ALINE SALA 2				CIRCUITO FUNCIONAL 45´ HELENA	
08:15		ZUMBA 45´ MARCELA	GAP 45´ 3 BLOCOS 15´ HELENA	ZUMBA 45´ MARCELA SALA 1		
08:30	CIRCUITO FUNCIONAL 45´ HELENA					

10:00		ALO 30' DANILO		ALO 30' DANILO		
	SEG	TER	QUA	QUI	SEX	SAB
14:00		CONDIC. FÍSICO 30' RODRIGO	ZUMBA 45' MARCELA SALA 1		BIKE INDOOR 45' RODRIGO	
14:15	BIKE INDOOR 30' JOYCE			JUMP 30' RODRIGO		
14:30		JUMP 30' RODRIGO				
14:45	LOCAL 30' JOYCE		PILATES 45' JUNIOR	ABD / GLÚTEOS 15' - CADA RODRIGO	PILATES 45' RODRIGO	
15:00		ABDÔMEN 30' RODRIGO				
15:15	ABDÔMEN 15' JOYCE					
15:30	ALO 30' JOYCE		ALO 30' JUNIOR		ALO 30' RODRIGO	
17:30		ALO 30'				

		FABIANA				
17:45				PILATES 45' FABIANA		
	SEG	TER	QUA	QUI	SEX	SAB
18:00	BIKE INDOOR 30' FABIANA	GLÚTEOS 30' FABIANA	BIKE INDOOR 30' FABIO		JUMP 30' ALINE	
18:30	STEP 30' FABIANA	ABDÔMEN 30' FABIANA	CONDIC. FÍSICO 45' FABIO	JUMP 30' FABIANA	BIKE INDOOR 45' FABIO	
19:00	JUMP 30' FABIANA	JUMP 30' FABIANA		POWER LOCAL 45' FABIANA		
19:15			PILATES 45' FABIO SALA 2		ABDÔMEN 15' FABIO	
19:30	ALO SALA 2 - 30' FABIO				ZUMBA 45' MARCELA	
19:30		CIRCUITO FUNCIONAL 30' FABIANA				
19:45				BIKE INDOOR 30' FABIANA		
20:00	BIKE INDOOR 30'	BIKE INDOOR 30'	BIKE INDOOR 30'			

FABIO

FABIANA

FABIO

OS HORÁRIOS PODERÃO SER ALTERADOS CASO HAJA NECESSIDADE

AULA COM CARACTERISTICA PREDOMINANTEMENTE AERÓBIA

AULA COM CARACTERISTICA PREDOMINANTEMENTE ANTI ESTRESSE

AULA COM CARACTERISTICA PREDOMINANTEMENTE NEUROMUSCULAR