

Horário	Segunda	Terça	Quarta	Quinta	Sexta
07:00	CORE		HIIT Funcional		CORE
07:00		Spinning		Spinning	
07:30	Along-Flex	Trein. Suspenso	Along-Flex		Along-Flex
07:30				Along-Flex	
08:00		* Pilates	Spinning	* Pilates	Localizada
08:00	Localizada				
08:30	Along-Relax 08:40		Along-Relax 08:40		Along-Flex
09:00		Judô kids		Judô kids	
09:30			Circuit Running		Pilates
10:00	*ABS Circuit	Judô kids	Forma Dance	Judô kids	Funcional
10:00		Forma Dance		Pilates	
10:30		Along-Flex			
10:30	Along-Flex		Along-Flex		Along-Flex
11:30	Yoga				
14:30	Yoga	Judô kids		Judô Kids	
15:30		Judô kids		Judô kids	
16:00	Along-Flex		Along-Flex		Pilates
16:30		Jump		Funcional fit	
17:00		Funcional		Along-Relax	*Funcional
18:00			Abs circuit		
18:30	Yoga	Along- Flex	Spinning		Along-Relax
18:30				*Along-Flex	
18:30	Forma Equilibrio				
19:00	Jump		G.A.P		
19:00		Treino Suspenso		*Funcional fit	
19:00		Bike Flow			Jump
19:30	Zumba	Forma Dance	Circuit Running		
19:30	Pilates	HITT Funcional		Bike Flow	Forma Dance
20:00	Funcional fit	Spinning	Along-Relax	Pilates	
20:00		Core			Along-Relax
20:30	Along- Relax	Along- Relax		Forma Equilibrio	

LOCALIZADA      AERÓBICA      ALONGAMENTO

\*1 hora de duração

