

SEGUNDA				
Studio Bike		Studio Fitness		
Ativ	Prof	Ativ	Prof	
05:50				
06:35	BIKE	Gerson		
07:20	BIKE	Gerson	Fit Dance Life	Julio
08:05	BIKE	Gerson	Fit Dance	Julio
08:50			STEP	Gerson
09:35			PILATES	Gerson
10:20			PILATES	Gerson
14:15				
15:00	BIKE	Tati	Zumba	Leca
15:45			STEP	Tati
16:30			LOCAL	Tati
17:15			PILATES	Tati
18:05	BIKE	Cintia	Alongamento	
18:50	BIKE		JUMP	Cintia
19:35	BIKE		COMBAT	Cintia
20:20	BIKE	Cintia	Fit Dance Life	Edu
21:05			Fit Dance	Edu

TERÇA				
Studio Funcional		Studio Fitness		
Ativ	Prof	Ativ	Prof	
		Muay Thai	Thiago	
				Funcional
		Muay Thai	Thiago	LOCAL
				Zumba
				Alongamento
				Alongamento
				Alongamento
				Zumba
				STEP
				LOCAL
				Fit Dance Life
				Fit Dance
		Muay Thai	Thiago	Xplode 45
				Ritmos
		Muay Thai	Thiago	STEP
		Muay Thai	Thiago	PILATES

QUARTA				
Studio Bike		Studio Fitness		
Ativ	Prof	Ativ	Prof	
	BIKE	Gerson		
	BIKE	Gerson	Fit Dance Life	Julio
	BIKE	Gerson	Fit Dance	Julio
			STEP	Gerson
			PILATES	Gerson
			PILATES	Gerson
				Alongamento
	BIKE	Tati	Zumba	Leca
			STEP	Tati
			LOCAL	Tati
			PILATES	Tati
	BIKE	Cintia	Alongamento	
	BIKE		JUMP	Cintia
	BIKE		COMBAT	Cintia
	BIKE	Cintia	Fit Dance Life	Edu
			Fit Dance	Edu

QUINTA				
Studio Funcional		Studio Fitness		
Ativ	Prof	Ativ	Prof	
		Muay Thai	Thiago	
				Funcional
		Muay Thai	Thiago	LOCAL
				Zumba
				Alongamento
				Alongamento
				Alongamento
				Zumba
				STEP
				LOCAL
				Fit Dance Life
				Fit Dance
		Muay Thai	Thiago	Xplode 45
				STEP
		Muay Thai	Thiago	Ritmos
		Muay Thai	Thiago	PILATES

SEXTA				
16:30			Ritmos	Edu

SÁBADOS				
11:40			Dança	Escala



Consulte horários das demais aulas: