

SEGUNDA				
	Studio Bike		Studio Fitness	
	Ativ	Prof	Ativ	Prof
05:50				
06:35	BIKE	Gerson		
07:20	BIKE	Gerson	Fit Dance	Julio
08:05	BIKE	Gerson	Fit Dance	Julio
08:50			STEP	Gerson
09:35			PILATES	Gerson
10:20			PILATES	Gerson
14:15				
15:00			Zumba	Leca
15:45	BIKE	Cintia		
16:30			LOCAL	Cintia
17:15			ALONGAMENTO	Cintia
18:05	BIKE	Liliane	LOCAL	Cintia
18:50	BIKE	Cintia	ALONGAMENTO	Liliane
19:35	BIKE	Liliane	COMBAT	Cintia
20:20	BIKE	Cintia	Fit Dance 60'	Edu

TERÇA				
	Studio Funcional		Studio Fitness	
	Ativ	Prof	Ativ	Prof
	Muay Thai	Fabiano		
			Funcional	Thiago
	Muay Thai	Fabiano	LOCAL	Leca
			Zumba	Leca
			ALONGAMENTO	Leca
			ALONGAMENTO	Rapha
			Fit Dance 60'	Edu
	Muay Thai	Fabiano	Xplode 45	Wend
			Ritmos	Wend
	Muay Thai	Fabiano	STEP	Wend
	Muay Thai	Fabiano	PILATES	Ana

QUARTA				
	Studio Bike		Studio Fitness	
	Ativ	Prof	Ativ	Prof
	BIKE	Gerson		
	BIKE	Gerson	Fit Dance	Julio
	BIKE	Gerson	Fit Dance	Julio
			STEP	Gerson
			PILATES	Gerson
			PILATES	Gerson
			ALONGAMENTO	Rapha
			Zumba	Leca
	BIKE	Cintia		
			LOCAL	Cintia
			ALONGAMENTO	Cintia
	BIKE	Liliane	LOCAL	Cintia
	BIKE	Cintia	ALONGAMENTO	Liliane
	BIKE	Liliane	COMBAT	Cintia
	BIKE	Cintia	Fit Dance 60'	Edu

QUINTA				
	Studio Funcional		Studio Fitness	
	Ativ	Prof	Ativ	Prof
	Muay Thai	Fabiano		
			Funcional	Thiago
	Muay Thai	Fabiano	LOCAL	Leca
			Zumba	Leca
			ALONGAMENTO	Leca
			ALONGAMENTO	Rapha
			Fit Dance 60'	Edu
	Muay Thai	Fabiano	Xplode 45	Wend
			STEP	Wend
	Muay Thai	Fabiano	Ritmos	Wend
	Muay Thai	Fabiano	PILATES	Ana

SEXTA				
16:30			Ritmos 60'	Edu

SÁBADO				
11:40			Dança	Escala

Consulte demais horários:

Atualizados em 28/03/25



Danças
  Lutas
  Alongamento / Pilates
  Definição muscular
  Bike / Spinning
  Cardio: Jump / Step