

AULAS COLETIVAS

MANHÃ

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
6h15	PILATES 45' STUDIO ZEN CAMILA	LOCAL 50' STUDIO BURN PHELIPE	PILATES 45' STUDIO ZEN CAMILA	LOCAL 50' STUDIO BURN PHELIPE	PILATES 45' STUDIO ZEN CAMILA
6h30	RUNNING CLASS 45' ERGOMETRIA ERIK		RUNNING CLASS 45' ERGOMETRIA ERIK		RUNNING CLASS 45' ERGOMETRIA ERIK
7h00		CYCLING 45' ERGOMETRIA BRENNNO		CYCLING 45' ERGOMETRIA BRENNNO	
7h15	CYCLING 45' ERGOMETRIA BRENNNO	GAP 50' STUDIO BURN PHELIPE	CYCLING 45' ERGOMETRIA BRENNNO	GAP 50' STUDIO BURN PHELIPE	CYCLING 45' ERGOMETRIA BRENNNO
7h15	CORE 30' STUDIO BURN CAMILA	LPF 45' STUDIO ZEN LOIANE	CORE 30' STUDIO BURN CAMILA	LPF 45' STUDIO ZEN LOIANE	CORE 30' STUDIO BURN CAMILA
7h15	YOGA 50' STUDIO ZEN INGE		YOGA 50' STUDIO ZEN INGE		YOGA 50' STUDIO ZEN INGE
7h45		CYCLING 45' ERGOMETRIA BRENNNO		CYCLING 45' ERGOMETRIA BRENNNO	
8h00	CYCLING HIIT 30' ERGOMETRIA BRENNNO		CYCLING HIIT 30' ERGOMETRIA BRENNNO		CYCLING HIIT 30' ERGOMETRIA BRENNNO
8h15	LOCAL 50' STUDIO BURN CAMILA	PILATES 45' STUDIO ZEN LOIANE	LOCAL 50' STUDIO BURN CAMILA	PILATES 45' STUDIO ZEN LOIANE	LOCAL 50' STUDIO BURN CAMILA
8h15		TREINAMENTO FUNCIONAL 45' ESPAÇO CROSS PHELIPE		TREINAMENTO FUNCIONAL 45' ESPAÇO CROSS PHELIPE	
8h30	RUNNING HIIT 30' ERGOMETRIA ERIK	RUNNING CLASS 45' ERGOMETRIA BRENNNO	RUNNING HIIT 30' ERGOMETRIA ERIK	RUNNING CLASS 45' ERGOMETRIA BRENNNO	RUNNING HIIT 30' ERGOMETRIA ERIK
9h15	E30 30' ESPAÇO CROSS BRENNNO	MOBILIDADE (RPG) 45' STUDIO ZEN LOIANE	E30 30' ESPAÇO CROSS BRENNNO	MOBILIDADE (RPG) 45' STUDIO ZEN LOIANE	E30 30' ESPAÇO CROSS BRENNNO
9h15	PILATES 45' STUDIO ZEN CAMILA	LOCAL 50' STUDIO BURN PHELIPE	PILATES 45' STUDIO ZEN CAMILA	LOCAL 50' STUDIO BURN PHELIPE	PILATES 45' STUDIO ZEN CAMILA
10h15	GAP EXPRESS 30' STUDIO BURN CAMILA		GAP EXPRESS 30' STUDIO BURN CAMILA		GAP EXPRESS 30' STUDIO BURN CAMILA

TARDE/NOITE

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
17h15		TREINAMENTO FUNCIONAL 45' ESPAÇO CROSS PHELIPE		TREINAMENTO FUNCIONAL 45' ESPAÇO CROSS PHELIPE	
17h30		MOBILIDADE (RPG) 45' STUDIO ZEN LOIANE		MOBILIDADE (RPG) 45' STUDIO ZEN LOIANE	
18h15	CYCLING 45' ERGOMETRIA ANA LUÍSA	FUNCIONAL BEACH 45' QUADRAS DE AREIA ANA LUÍSA	CYCLING 45' ERGOMETRIA ANA LUÍSA	FUNCIONAL BEACH 45' QUADRAS DE AREIA ANA LUÍSA	
18h15	FUNCIONAL FIGHT 50' ESPAÇO CROSS ERLICK	GAP 50' STUDIO BURN PHELIPE	FUNCIONAL FIGHT 50' ESPAÇO CROSS ERLICK	GAP 50' STUDIO BURN PHELIPE	
18h30		LPF 45' STUDIO ZEN LOIANE		LPF 45' STUDIO ZEN LOIANE	
19h15	MUAY THAI 50' STUDIO FIGHT ERLICK	LOCAL 50' STUDIO BURN PHELIPE	MUAY THAI 50' STUDIO FIGHT ERLICK	LOCAL 50' STUDIO BURN PHELIPE	
19h15	FUNCIONAL BEACH 45' QUADRAS DE AREIA ANA LUÍSA	CYCLING 45' ERGOMETRIA ANA LUÍSA	FUNCIONAL BEACH 45' QUADRAS DE AREIA ANA LUÍSA	CYCLING 45' ERGOMETRIA ANA LUÍSA	
19h30		PILATES 45' STUDIO ZEN LOIANE		PILATES 45' STUDIO ZEN LOIANE	
19h30		JIU-JITSU 90' STUDIO FIGHT FÁBIO GABRIEL		JIU-JITSU 90' STUDIO FIGHT FÁBIO GABRIEL	