

Mapa de aulas

MANHÃ

TARDE

NOITE

SEG	TER	QUA	QUI	SEX	SÁB
7:15 S2 +SCHWINN CYCLING		7:15 S2 +SCHWINN CYCLING			
	8:00 TF +ABS	8:00 TF +ABS	8:00 TF +FLEX	8:30 TF +FLEX	
	9:00 S1 +PILATES		9:00 S1 +PILATES		10:00 S1 +BABIES DANCE
10:30 S2 +CYCLING	10:30 TF +HIIT	10:30 TF +FLEX			10:45 S1 +KIDS DANCE
					11:00 S2 +SCHWINN CYCLING
					11:30 S1 +TEENS DANCE
13:00 S1 +PUMP	13:00 S1 +FUNCIONAL		13:00 S2 +SCHWINN CYCLING		
17:30 S1 +LOCALIZADA		18:15 S2 +FUNCIONAL KIDS	17:45 S1 +LOCALIZADA		
18:30 S2 +SCHWINN CYCLING	18:15 S2 +SCHWINN CYCLING	18:30 S1 +PILATES			
18:45 S1 +FUNCIONAL	19:15 S1 +LOCALIZADA		19:00 S1 +PILATES	18:45 S1 +PUMP	
	19:15 S2 +SCHWINN CYCLING	19:20 S2 +SCHWINN CYCLING			
19:30 S2 +SCHWINN CYCLING		19:30 S1 +COMBAT	20:00 S1 +FUNCIONAL	19:45 S1 +COMBAT	
19:45 S1 +PUMP	20:05 S1 +PILATES	20:30 S1 +ZUMBA	20:15 S2 +SCHWINN CYCLING		

LEGENDA

- 15'
- 30'
- 45'
- 60'
- 90'
- S1 SALA 1
- S2 SALA 2
- TF TREINO FUNCIONAL

HORÁRIO DE FUNCIONAMENTO

SEG. A SEX. 6:30H | 22H

SÁB 8:30H | 13:30H
15:00H | 18:00H