



AULAS DE GRUPO

SEGUNDA

09:30 - Abdominal 15´
10:00 - Pilates 45´
17:15 - Cycling 30´
18:00 - Pump 45´
19:00 - Zumba 45´
20:00 - Abs 15´
20:00 - Ritbox 30´

QUARTA

09:30 - Abdominal 15´
10:30 - Emagrece 15´
16:30 - Pilates 45´
18:15 - Pilates 45´
19:15 - Cycling 45´
20:10 - Gap 30´

SEXTA

09:30 - Cycling 30´
10:30 - Emagrece 15´
16:30 - TRX 30´
18:30 - Pump 45´
19:30 - Boxe 60´
20:00 - Cycling 45´

TERÇA

09:30 - Gap 30´
10:30 - Abdominal 15´
17:00 - Ritbox 30´
18:30 - Cycling 45´
19:00 - Capoeira 60´
19:30 - Yoga 45´

QUINTA

09:30 - Emagrece 15´
10:00 - LPF 1 45´
16:30 - GAP 30´
18:30 - TRX 30´
19:00 - Capoeira 60´
19:10 - LPF 45´
20:00 - Pilates 45´

SÁBADO

09:15 - LPF 45´
10:00 - Pilates 45´
11:00 - Zumba 45´
11:00 - Capoeira 60´

DOMINGO

10:30 - Boxe 60´