

GRADE DE HORÁRIOS

AULAS COLETIVAS

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:00	BIKE INDOOR	LOCAL	BIKE INDOOR	LOCAL	BIKE INDOOR
08:00	LOCAL FUNCIONAL	BIKE INDOOR/ DANÇA MIX	LOCAL FUNCIONAL	BIKE INDOOR/ DANÇA MIX	LOCAL FUNCIONAL
08:30		GAP		GAP	
09:00	ALONGAMENTO + MAT. PILATES	ALONGAMENTO	ALONGAMENTO + MAT. PILATES	ALONGAMENTO	ALONGAMENTO + MAT. PILATES
09:00	BIKE INDOOR	BIKE INDOOR	BIKE INDOOR	BIKE INDOOR	BIKE INDOOR
10:00	LOCAL TOTAL	GAP + ALONGAMENTO EXPRESS	LOCAL TOTAL	GAP + ALONGAMENTO EXPRESS	LOCAL TOTAL
14:00	FUNCIONAL		FUNCIONAL		FUNCIONAL
18:00		BIKE EXPRESS		BIKE EXPRESS	
18:15	BIKE INDOOR		BIKE INDOOR		
18:30	MUAY THAI	WORKOUT	MUAY THAI	WORKOUT	
19:00	ABDÔMEN EXPRESS	GAP	ABDÔMEN EXPRESS	GAP	
19:15		CROSS KIDS		CROSS KIDS	
19:30	FUNCIONAL COMBAT		FUNCIONAL COMBAT		
19:30	ALONGAMENTO		ALONGAMENTO		
20:00	DANÇA MIX		DANÇA MIX		