

HORÁRIO FITNESS / 2010 - GB LONDRINA

SALA 01: GB BIKE / GB RUN

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:15	(S1) GB Bike 45'		(S1) GB Bike 45'		(S1) GB Bike 45'	
07:30		GB Run 60'		GB Run 60'		
08:15		(S1) GB Bike 45'		(S1) GB Bike 45'		
09:00	(S1) GB Bike 45'		(S1) GB Bike 45'		(S1) GB Bike 45'	
10:15						(S1) GB Bike 45'
12:15	(S1) GB Bike 45'		(S1) GB Bike 45'		(S1) GB Bike 45'	
17:00	(S1) GB Bike 45'		(S1) GB Bike 45'		(S1) GB Bike 45'	
18:00	GB Run 60'		GB Run 60'		GB Run 60'	
18:30	(S1) GB Bike 45'	(S1) GB Bike 45'	(S1) GB Bike 45'	(S1) GB Bike 45'	(S1) GB Bike 45'	
		GB Run 60'		GB Run 60'		
19:30	(S1) GB Bike 45'	(S1) GB Bike 45'	(S1) GB Bike 45'	(S1) GB Bike 45'	(S1) GB Bike 45'	

SALA 2 /SALA 3 E SALA 4 GINÁSTICA

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:00	(S2) Cond. Físico 60'		(S2) Cond. Físico 60'		(S2) Cond. Físico 60'	
07:00	(S2) Cond. Físico 60' (S4) Alongamento 30'		(S2) Cond. Físico 60' (S4) Alongamento 30'		(S2) Cond. Físico 60' (S4) Alongamento 30'	
07:15		(S2)GB Jump 45'		(S2)GB Jump 45'		
08:00	(S4) Alongamento 30' (S2)GB Local 60'		(S4) Alongamento 30' (S2)GB Local 60'		(S4) Alongamento 30' (S2)GB Local 60'	
08:15		(S4) Step III 45'		(S4) Step III 45'		
09:00	(S3) GB Equilíbrio 60' (S4) Alongamento 30'	(S2) Aero Circuit 45' (S4) Alongamento 30'	(S3) GB Equilíbrio 60' (S4) Alongamento 30'	(S2) Aero Circuit 45' (S4) Alongamento 30'	(S3) GB Equilíbrio 60' (S4) Alongamento 30'	
10:00		(S4) Alongamento 30'		(S4) Alongamento 30'		
10:30	(S4) Alongamento 30'		(S4) Alongamento 30'		(S4) Alongamento 30'	
11:00						(S4) ABS 30'
11:30						(S4) Along. 30'
16:00	(S4) Glúteos/ABS 60'		(S4) Glúteos/ABS 60'		(S4) Glúteos/ABS 60'	
17:00		(S4) Alongamento 30'		(S4) Alongamento 30'		
17:15		(S2) Aero Mix 45'		(S2) Aero Mix 45'		
18:00	(S2) ABS 30' (S4) Alongamento 30'	(S4) Glúteos 30'	(S2) ABS 30' (S4) Alongamento 30'	(S4) Glúteos 30'	(S2) ABS 30' (S4) Alongamento 30'	
18:30	(S4) Step II 30'	(S4) Alongamento 30' (S2) Super ABS 30'	(S4) Step II 30'	(S4) Alongamento 30' (S2) Super ABS 30'	(S4) Step II 30'	
19:00	(S2) Aero Circuit 45' (S3) GB Fit 45'	(S2)GB Jump 45'	(S2) Aero Circuit 45' (S3) GB Fit 45'	(S2)GB Jump 45'	(S2) Aero Circuit 45' (S3) GB Fit 45'	
19:15	(S4) Alongamento 45'		(S4) Alongamento 45'		(S4) Alongamento 45'	
19:30		(S4) Step Power 45'		(S4) Step Power 45'		
19:45	(S3) ABS 15'		(S3) ABS 15'		(S3) ABS 15'	
20:00	(S3) Glúteos 15'		(S3) Glúteos 15'		(S3) Glúteos 15'	
20:15		(S2) Alongamento 30'		(S2) Alongamento 30'		
21:00	(S4) Alongamento 30'		(S4) Alongamento 30'			

Atividades adicionadas ao plano

20:15		(S4) Dança de Salão 60'		(S4) Dança de Salão 60'		
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Obs: A Academia Gustavo Borges poderá alterar a grade de horários como também o Professor sem aviso prévio //3336-1117

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