

MANHA

HORÁRIO	SALA	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:45	2	GB BIKE 45' JÚNIOR	GB BIKE 30' DELAINE	GB BIKE 45' JÚNIOR	GB BIKE 30' DELAINE	GB BIKE 45' JÚNIOR	
07:15	1		ABD 15' DELAINE		ABD 15' DELAINE		
07:30	1	ABD 15' JÚNIOR	CARDIO STEP 30' DELAINE	ABD 15' JÚNIOR	CARDIO STEP 30' DELAINE	ABD 15' JÚNIOR	
07:45	1	MAT PILATES 30' JÚNIOR		MAT PILATES 30' JÚNIOR		MAT PILATES 30' JÚNIOR	
07:45	3	*GESTANTE 30' JOELMA		*GESTANTE 30' JOELMA		*GESTANTE 30' JOELMA	
08:00	1		JUMP 30' DELAINE		JUMP 30' DELAINE		
08:15	1	ALONGAMENTO 30' JÚNIOR		ALONGAMENTO 30' JÚNIOR		ALONGAMENTO 30' JÚNIOR	
08:30	2		GB BIKE 45' LUCIA		GB BIKE 45' LUCIA		
08:45	1	ABD 30' JÚNIOR		LOCAL 30' JÚNIOR		GLÚTEO 30' JÚNIOR	
09:15	1		CIRCUITO 30' LUCIA		CIRCUITO 30' LUCIA		
09:30	2	GB BIKE 30' GISMEIRE		GB BIKE 30' GISMEIRE		GB BIKE 30' GISMEIRE	
09:45	1		ALONGAMENTO 30' LUCIA		ALONGAMENTO 30' LUCIA		
10:00	1	GLÚTEO 30' GISMEIRE		GLÚTEO 30' GISMEIRE		MAT PILATES 45' GISMEIRE	
10:15	1		MS MIX 30' LUCIA		MI MIX 30' LUCIA		
10:30	1	ABD 30' GISMEIRE		MAT PILATES 30' GISMEIRE			MIX 45' RODÍZIO
10:45	1		ABD 45' RENATO		ABD 45' RENATO		
11:00	1	*JIU JITSU 45' ROBERTO		*JIU JITSU 45' ROBERTO			
11:00	3					*JIU JITSU 45' ROBERTO	
11:15	2						GB BIKE 30' RODÍZIO
11:30	1		GB EQUILIBRIUM 30' RENATO		GB EQUILIBRIUM 30' RENATO		
11:45	1						ABD 15' RODÍZIO
12:00	1						ALONGAMENTO 30' RODÍZIO

TARDE

15:30	1		PUMP 45' LÚCIA		PUMP 45' LÚCIA		
15:45	3		*JIU JITSU 45' ROBERTO		*JIU JITSU 45' ROBERTO		
16:00	2	GB BIKE 45' POLLYANA		GB BIKE 45' POLLYANA		GB BIKE 45' POLLYANA	
16:15	1		MAT PILATES 45' LÚCIA		MAT PILATES 45' LÚCIA		
16:45	1	ABD 15' POLLYANA		ABD 15' POLLYANA		ABD 15' POLLYANA	
17:00	1	MI MIX 30' POLLYANA		MI MIX 30' POLLYANA		ALONGAMENTO 30' POLLYANA	

NOITE

18:00	1		GAP 30' ALESSANDRA		BOTTON HALF 30' ALESSANDRA		
18:00	2	GB BIKE 45' GISMEIRE		GB BIKE 45' GISMEIRE		GB BIKE 45' GISMEIRE	
18:30	1		ALONGAMENTO 30' ALESSANDRA		ALONGAMENTO 30' ALESSANDRA		
18:30	3	*GESTANTE 30' ADRIANA		*GESTANTE 30' ADRIANA		*GESTANTE 30' ADRIANA	
18:45	1	ABD 30' GISMEIRE		ABD 30' GISMEIRE		ABD 30' GISMEIRE	
19:00	1		STEP 30' ALESSANDRA		STEP 30' ALESSANDRA		
19:00	2		GB BIKE 60' POLLYANA		GB BIKE 60' POLLYANA		
19:00	3	*JIU JITSU 60' ROBERTO	*JIU JITSU 60' ROBERTO	*JIU JITSU 60' ROBERTO	*JIU JITSU 60' ROBERTO		
19:15	1	ALONGAMENTO 30' GISMEIRE		ALONGAMENTO 30' GISMEIRE		ALONGAMENTO 30' GISMEIRE	
19:30	1		ABD 30' ALESSANDRA		ABD 30' ALESSANDRA		
19:45	1	MAT PILATES 45' GISMEIRE		MAT PILATES 45' GISMEIRE			
20:00	1		ALONGAMENTO 30' ALESSANDRA		ALONGAMENTO 30' ALESSANDRA		
20:00	2	GB BIKE 45' GUSTAVO		GB BIKE 45' GUSTAVO		GB BIKE 45' GUSTAVO	
20:45	1	ABD 15' GUSTAVO		ABD 15' GUSTAVO		ABD 15' GUSTAVO	
21:00	1	ALONGAMENTO 15' GUSTAVO		ALONGAMENTO 15' GUSTAVO		ALONGAMENTO 15' GUSTAVO	

