

CLUB22 GRADE HORÁRIA

HORÁRIOS	LOCAL	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:00	Palco	Local	-	Local	-	Local
	Sala de Bike	Bike	-	Bike	-	Bike
	Sala 1	Pilates	-	Pilates	-	Pilates
07:15	Palco	-	Power Jump	-	Power Jump	-
07:30	Sala 1	-	Alongamento	-	Alongamento	-
08:00	Palco	Step	Funcional	Step	Funcional	Step
	Sala de Bike	Bike	-	Bike	-	Bike
	Sala 1	Abdominal	Abdominal	Abdominal	Abominal	Abominal
08:30	Sala 1	Alongamento	-	Alongamento	-	Alongamento
09:00	Sala 1	Alongamento	Yoga	Alongamento	Yoga	Alongamento
10:15	Palco	Muay Thai	-	Muay Thai	-	Muay Thai
12:15	Palco	-	Jiu-Jitsu	-	Jiu-Jitsu	-
12:30	Palco	Bodypump	-	Bodypump	-	Bodypump
	Sala 1	-	Cxworx	-	Cxworx	-
13:00	Sala 1	-	Alongamento flexibilidade	-	Alongamento flexibilidade	-
17:30	Palco	-	Bodypump	-	Bodypump	-
17:50	Sala 1	-	Alongamento	-	Alongamento	-
18:00	Palco	Abdominal	-	Abdominal	-	Abdominal
18:20	Sala 1	-	Pilates	-	Pilates	-
18:30	Palco	Local	Power Pump	Local	Power Jump	Local
	Sala de Bike	Bike	-	Bike	-	-
19:00	Sala de Bike	-	Bike	-	Bike	-
	Sala 1	Alongamento	-	Alongamento	-	-
19:10	Sala 1	-	Abdominal	-	Abdominal	-
19:30	Palco	Jump	Bodypump	Jump	Bodypump	Ritmos
	Sala 1	Yoga	-	Yoga	-	-
19:40	Sala 1	-	Muay Thai	-	Muay Thai	-
20:00	Sala de Bike	-	Bike	-	Bike	-
20:30	Sala 1	Dança de Salão	-	Dança de Salão	-	-
	Palco	Dance Mix	Fit Dance	Dance Mix	Fit Dance	-

HOR	LOCAL	SÁBADO
10:30	Sala Bike	Bike
11:30	Palco	Dance Mix