



# GRADE HORÁRIA 2018

HOR	LOCAL	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:00	Sala 1	Pilates Solo	-	Pilates Solo	-	Pilates Solo
	Palco	Local	-	Local	-	Local
	Sala de Bike	Bike	-	Bike	-	Bike
07:30	Sala 1	-	-	-	-	-
08:00	Sala de Bike	Bike	-	Bike	-	Bike
	Palco	Step	Funcional	Step	Funcional	Step
	Sala 1	Abdominal 30'	Alongamento 30'	Abdominal 30'	Alongamento 30'	Abdominal 30'
08:30	Sala 1	Alongamento 30'	Abdominal 30'	Alongamento 30'	Abdominal 30'	Alongamento 30'
09:00	Sala 1	-	Yoga	-	Yoga	-
10:15	Palco	Muay Thai	-	Muay Thai	-	Muay Thai
12:15	Palco	-	Jiu-Jitsu	-	Jiu-Jitsu	-
12:30	Palco	Hit Funcional 30'	-	Hit Funcional 30'	-	Hit Funcional 30'
13:00	Palco	Local Express 30'	-	Local Express 30'	-	Local Express 30'
17:30	Palco	Boot Camp 30'	Hit Funcional 30'	Boot Camp 30'	Hit Funcional 30'	Boot Camp 30'
18:00	Palco	Abdominal 30'	Hit Gap 30'	Abdominal 30'	Hit Gap 30'	Abdominal 30'
18:30	Palco	Local	Hit Pump 30'	Local	Hit Pump 30'	Local
	Sala 1	-	Alongamento 30'	-	Alongamento 30'	-
	Sala de Bike	Bike	-	Bike	-	-
19:00	Palco	-	Hit Funcional 30'	-	Hit Funcional 30'	-
	Sala 1	Alongamento 30'	Pilates Solo	Alongamento 30'	Pilates Solo	-
	Sala de Bike	-	Bike	-	Bike	-
19:30	Palco	Strong Zumba	Muay Thai	Strong Zumba	Muay Thai	Dance Mix
	Sala 1	Yoga	-	Yoga	-	-
20:00	Sala de Bike	-	Bike	-	Bike	-
	Sala 1	-	Abdominal 30'	-	Abdominal 30'	-
20:30	Palco	Zumba Fitness	Fit Dance	Zumba Fitness	Fit Dance	-
	Sala 1	Dança de Salão	-	Dança de Salão	-	-

HOR	LOCAL	SÁBADO
10:30	Sala de Bike	Bike
11:30	Palco	Zumba Fitness

*Faz bem  
estar aqui.*

