



HORÁRIOS



	S	T	Q	Q	S	S
06:20		Funcional		Corrida		
06:30		Yoga		Yoga		
07:30	Work Dance	Jump		Jump	Work Dance	
08:15		Abdominal		Abdominal		
08:30	Funcional	Zumba	Funcional	Zumba	Funcional	
09:15		Pilates		Pilates		
09:30						Funcional
10:30						Fit Dance

	S	T	Q	Q	S	S
14:15		Pilates		Pilates		
15:00	Zumba	Work Dance	Zumba	Work Dance	Fit Dance	
16:00	Funcional		Funcional			
18:15	Cardio Box		Cardio Box			
18:45	Zumba		Zumba			

	S	T	Q	Q	S	S
19:00		Pilates		Pilates		
19:30	Work Dance		Work Dance		Work Dance	
19:45		Funcional		Funcional		
20:15	Jump		Jump			
20:45		Zumba		Zumba		
21:00	Abdominal		Abdominal			

Spinning

	S	T	Q	Q	S	S
06:30	Spinning		Spinning		Spinning	
07:30			Spinning			
16:00		Spinning		Spinning		
18:00		Spinning		Spinning		
18:30	Spinning		Spinning		Spinning	
19:00		Spinning		Spinning		
19:30	Spinning		Spinning			
20:00		Spinning		Spinning		
20:30	Spinning		Spinning			

