

# Mapa AULAS DE GRUPO 2021-2022

## 2ª FEIRA

## 3ª FEIRA

## 4ª FEIRA

## 5ª FEIRA

## 6ª FEIRA

## SÁBADO

MANHÃ

07:00 07:45 GLOBAL TRAINING G 51	07:15 08:00 GLOBAL TRAINING G 52	07:30 08:30 HATHA YOGA G 81	08:00 08:45 PILATES I G 71
08:00 08:45 GLOBAL TRAINING G 61	09:15 10:00 PRÉ-PARTO G 71	10:00 10:45 LOCALIZADA G 61	10:15 11:00 SÉNIOR FIT G 52
10:30 11:15 SÉNIOR FIT G 51	10:30 11:30 PÓS-PARTO G 71	11:00 11:45 ALONGAMENTOS G 61	11:20 12:00 SÉNIOR FIT G 52
11:30 12:40 YOGA G 81	12:00 12:45 LOCAL BALL G 51		

07:00 07:35 TRX CIRCUITO G 21	07:00 07:45 GLOBAL TRAINING G 52	07:30 08:30 HATHA YOGA G 81	07:45 08:30 GLOBAL TRAINING G 51
08:15 09:00 PILATES I G 71	08:15 09:00 LOCALIZADA G 61	09:00 10:00 BARRA DE CHÃO G 72	10:00 10:45 SÉNIOR FIT G 51
10:15 11:00 GLOBAL TRAINING G 61	11:00 12:00 PILATES II G 71	12:05 12:50 SÉNIOR FIT G 52	

07:00 07:45 GLOBAL TRAINING G 51	07:15 08:00 GLOBAL TRAINING G 52	07:30 08:30 HATHA YOGA G 81	07:30 09:00 CLUBE DA CORRIDA G 21
08:00 08:45 PILATES I G 71	08:00 08:45 GLOBAL TRAINING G 61	09:15 10:00 PRÉ-PARTO G 71	09:30 10:15 SÉNIOR POWER G 51
10:00 10:45 LOCALIZADA G 61	10:15 11:00 SÉNIOR FIT G 52	10:30 11:15 SÉNIOR FIT G 51	10:30 11:30 PÓS-PARTO G 71
11:00 11:45 ALONGAMENTOS G 61	11:20 12:00 SÉNIOR FIT G 52	11:30 12:40 YOGA G 81	12:00 12:45 LOCAL BALL G 51

07:00 07:35 TRX CIRCUITO G 21	07:00 07:45 GLOBAL TRAINING G 52	07:30 08:30 HATHA YOGA G 81	07:45 08:30 GLOBAL TRAINING G 51
08:15 09:00 PILATES I G 71	08:15 09:00 LOCALIZADA G 61	09:00 10:00 BARRA DE CHÃO G 72	10:00 10:45 SÉNIOR FIT G 51
10:15 11:00 GLOBAL TRAINING G 51	11:00 12:00 PILATES II G 71	12:05 12:50 SÉNIOR FIT G 52	

07:00 07:45 GLOBAL TRAINING G 51	07:15 08:00 GLOBAL TRAINING G 52	07:30 08:30 HATHA YOGA G 81	08:00 08:45 PILATES I G 71
08:00 08:45 GLOBAL TRAINING G 61	09:30 10:15 SÉNIOR POWER G 51	10:00 10:45 LOCALIZADA G 61	10:15 11:00 SÉNIOR FIT G 52
10:30 11:15 SÉNIOR FIT G 51	11:00 11:45 ALONGAMENTOS G 61	11:20 12:00 SÉNIOR FIT G 52	11:30 12:40 YOGA G 81
12:00 12:45 GLOBAL TRAINING G 51			

09:20 10:20 HATHA YOGA G 81	09:50 10:35 PUMP POWER/TRX G 21	10:30 12:00 KARATE SHOTOKAN G 72	10:45 11:30 LOCALIZADA G 61
11:00 11:45 BIKE G 14	11:45 12:30 ALONGAMENTOS G 61		

ALMOÇO

12:15 13:00 ZUMBA G 61	12:20 13:50 CLUBE DA CORRIDA G 21	12:30 13:15 SÉNIOR POWER G 52	12:30 13:15 FITBOXE G 01
12:30 13:30 KRAV MAGA G 72	12:45 13:30 BIKE G 14	13:00 13:45 GLOBAL TRAINING G 51	13:00 14:00 PILATES II G 71
13:00 14:00 AIKIDO G 43	13:15 14:00 PUMP POWER G 21	13:15 14:15 BARRA DE CHÃO G 61	

12:15 13:15 BARRA DE CHÃO G 72	12:30 13:15 LOCAL POWER G 61	12:30 13:00 CIRCUITO G 21	12:45 13:45 PILATES I G 71
12:50 13:35 SÉNIOR POWER G 51	13:00 14:00 HATHA YOGA G 81	13:00 14:00 SEVILHANAS G 52	13:10 13:55 BIKE G 14
13:20 13:55 TRX G 21	13:30 14:30 JOGO DO PAU G 53		

12:30 13:15 SÉNIOR POWER G 52	12:30 13:15 FITBOXE G 01	12:30 13:30 KRAV MAGA G 72	12:45 13:15 CIRCUITO POWER G 21
12:45 13:30 BIKE G 14	13:00 13:45 GLOBAL TRAINING G 51	13:00 14:00 AIKIDO G 43	13:15 14:15 BARRA DE CHÃO G 71
13:30 14:00 ALONGAMENTOS G 21			

12:15 13:15 BARRA DE CHÃO G 72	12:30 13:15 LOCAL POWER G 61	12:30 13:00 CIRCUITO G 21	12:45 13:45 PILATES I G 71
12:50 13:35 SÉNIOR POWER G 51	13:00 14:00 FLAMENCO G 52	13:00 14:00 HATHA YOGA G 81	13:10 13:55 BIKE G 14
13:20 13:55 TRX G 21	13:25 14:00 ALONGAMENTOS G 61	13:30 14:30 JOGO DO PAU G 53	

12:15 13:00 ZUMBA G 61	12:30 13:15 SÉNIOR POWER G 52	12:30 13:30 KRAV MAGA G 72	12:45 13:30 BIKE G 14
13:00 14:00 AIKIDO G 43	13:00 13:45 ALONGAMENTOS G 51	13:00 14:00 PILATES II G 71	13:15 14:00 PUMP POWER G 21
13:15 14:15 BARRA DE CHÃO G 61			

10:40 11:25 CIRCUITO G 51	11:35 12:20 MIND STRETCHING G 61		
---------------------------------	--	--	--

TARDE

17:40 18:40 PILATES I G 71	18:00 19:00 CAPOEIRA G 01	18:05 18:50 AERÓBICA G 61	18:15 19:00 LOCAL POWER G 21
18:15 19:25 YOGA G 81	18:30 19:15 GLOBAL TRAINING G 51	18:45 19:30 SÉNIOR POWER G 52	19:00 20:00 PILATES II G 71
19:00 19:45 BIKE G 14	19:05 19:50 STEP G 61	19:15 20:00 PUMP POWER G 21	19:30 20:15 FITBOXE G 01
19:30 21:30 ESGRIMA G 02	19:30 20:00 CIRCUITO POWER G 51	19:45 20:45 HATHA YOGA G 81	20:00 20:45 LOCALIZADA G 61
20:15 21:45 DANÇA CLÁSSICA G 11			

15:45 16:30 MODERADA G 51	17:30 18:40 YOGA G 81	17:50 18:50 PILATES II G 71	18:10 18:55 BARRA DE CHÃO G 72
18:30 19:15 LOCALIZADA G 61	18:45 19:30 TRX G 21	19:00 19:45 GLOBAL TRAINING G 51	19:00 19:45 BIKE G 14
19:00 20:10 YOGA G 81	19:10 20:10 PILATES I G 71	19:30 20:15 ALONGAMENTOS G 61	20:00 21:00 DANÇAS DE SÁLAO G 72
20:15 21:45 KARATE SHOTOKAN G 81			

17:40 18:40 PILATES I G 71	18:00 19:00 CAPOEIRA G 01	18:05 18:50 AERÓBICA G 61	18:15 19:00 LOCAL POWER G 21
18:15 19:25 YOGA G 81	18:30 19:15 GLOBAL TRAINING G 51	18:45 19:30 SÉNIOR POWER G 52	19:00 20:00 PILATES II G 71
19:00 19:45 BIKE G 14	19:05 19:50 STEP G 61	19:15 20:00 PUMP POWER G 21	19:30 20:15 FITBOXE G 01
19:30 20:00 CIRCUITO POWER G 51	19:45 20:45 HATHA YOGA G 81	20:00 20:45 LOCALIZADA G 61	20:15 21:45 DANÇA CLÁSSICA G 11

15:45 16:30 MODERADA G 51	17:30 18:40 YOGA G 81	17:50 18:50 PILATES II G 71	18:10 18:55 BARRA DE CHÃO G 72
18:30 19:15 LOCALIZADA G 61	18:45 19:30 TRX G 21	19:00 19:45 GLOBAL TRAINING G 51	19:00 19:45 BIKE G 14
19:00 20:10 YOGA G 81	19:10 20:10 PILATES I G 71	19:30 21:30 ESGRIMA G 02	19:30 20:15 ALONGAMENTOS G 61
20:00 21:00 DANÇAS DE SÁLAO G 72	20:15 21:45 KARATE SHOTOKAN G 81		

17:40 18:40 PILATES I G 71	18:05 18:50 AERÓBICA G 61	18:15 19:00 LOCAL POWER G 21	18:15 19:25 YOGA G 81
18:30 19:15 GLOBAL TRAINING G 51	18:45 19:30 SÉNIOR POWER G 52	19:00 20:00 PILATES II G 71	19:05 19:50 STEP G 61
19:15 20:00 PUMP POWER G 21	19:30 20:15 FITBOXE G 01	19:30 20:00 CIRCUITO POWER G 51	19:45 20:45 HATHA YOGA G 81
20:00 20:45 ALONGAMENTOS G 61	20:15 21:45 DANÇA CLÁSSICA G 11		

## CARDIO-FITNESS E MUSCULAÇÃO

07:00 22:00 SALA DE EXERCÍCIO 2ª a 6ª	09:00 20:00 SALA DE EXERCÍCIO SÁB	09:00 14:00 SALA DE EXERCÍCIO DOM
---	---	---