

MANHÃ

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
07:00 07:45 GLOBAL TRAINING	GIN 51	07:00 07:45 GLOBAL TRAINING GIN 51	07:00 07:45 GLOBAL TRAINING GIN 51	07:00 07:45 GLOBAL TRAINING GIN 51	07:00 07:45 GLOBAL TRAINING GIN 51	09:20 10:20 HATHA YOGA GIN 81	10:40 11:25 CIRCUITO GIN 51
07:15 08:00 TOTAL CONDITION	GIN 52	07:15 07:50 CROSS TRAINING GIN 21	07:15 08:00 TOTAL CONDITION GIN 52	07:15 07:50 CROSS TRAINING GIN 21	07:15 08:00 TOTAL CONDITION GIN 52	09:50 10:35 PUMP POWER/ TRX® GIN 21	11:35 12:20 MIND STRETCHING GIN 61
07:30 08:30 KARATE	GIN 21	07:30 08:30 HATHA YOGA GIN 81	07:30 08:30 KARATE GIN 21	07:30 08:30 HATHA YOGA GIN 81	07:30 08:30 KARATE GIN 21	10:45 11:30 LOCALIZADA GIN 51	
07:30 08:30 HATHA YOGA	GIN 81	07:45 08:30 GLOBAL TRAINING GIN 51	07:30 08:30 CLUBE DA CORRIDA GIN *	07:45 08:30 GLOBAL TRAINING GIN 51	07:30 08:30 HATHA YOGA GIN 81	10:45 11:30 BIKE GIN 14	
08:00 08:45 PILATES	GIN 71	08:15 09:00 PILATES GIN 71	07:30 08:30 HATHA YOGA GIN 81	08:15 09:00 PILATES GIN 71	07:30 08:15 BIKE GIN 14	11:35 12:20 ALONGAMENTOS GIN 51	
08:00 08:45 GLOBAL TRAINING	GIN 61	08:15 09:00 LOCALIZADA GIN 61	07:30 08:15 BIKE GIN 14	08:15 09:00 LOCALIZADA GIN 61	08:00 08:45 PILATES GIN 71		
09:15 10:00 PRÉ-PARTO	GIN 71	09:00 10:00 BARRA DE CHÃO GIN 72	08:00 08:45 PILATES GIN 71	09:00 10:00 BARRA DE CHÃO GIN 72	08:00 08:45 GLOBAL TRAINING GIN 61		
10:00 10:45 LOCALIZADA	GIN 61	10:00 10:45 TOTAL CONDITION GIN 51	08:00 08:45 GLOBAL TRAINING GIN 61	10:00 10:45 TOTAL CONDITION GIN 51	09:30 10:15 TOTAL CONDITION GIN 51		
10:15 11:00 SÉNIOR FIT	GIN 52	10:15 11:00 GLOBAL TRAINING GIN 61	09:15 10:00 PRÉ-PARTO GIN 71	10:15 11:00 GLOBAL TRAINING GIN 61	10:00 10:45 LOCALIZADA GIN 61		
10:30 11:30 PÓS-PARTO	GIN 71	11:00 12:00 PILATES GIN 71	09:30 10:15 TOTAL CONDITION GIN 51	11:00 12:00 PILATES GIN 71	10:15 11:00 SÉNIOR FIT GIN 52		
10:30 11:15 SÉNIOR FIT	GIN 51		10:00 10:45 LOCALIZADA GIN 61		10:30 11:15 SÉNIOR FIT GIN 51		
11:00 11:45 ALONGAMENTOS	GIN 61		10:15 11:00 SÉNIOR FIT GIN 52		11:00 11:45 ALONGAMENTOS GIN 61		
11:20 12:00 SÉNIOR FIT	GIN 51		10:30 11:30 PÓS-PARTO GIN 71		11:20 12:00 SÉNIOR FIT GIN 51		
11:30 12:40 YOGA	GIN 81		10:30 11:15 SÉNIOR FIT GIN 51		11:30 12:40 YOGA GIN 81		
			11:00 11:45 ALONGAMENTOS GIN 61				
			11:20 12:00 SÉNIOR FIT GIN 51				
			11:30 12:40 YOGA GIN 81				



ALMOÇO

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA
12:30 13:15 CLUBE DA CORRIDA	GIN 21	12:05 12:50 SÉNIOR FIT GIN 51	12:30 13:15 TOTAL CONDITION GIN 52	12:05 12:50 SÉNIOR FIT GIN 51	12:30 13:15 TOTAL CONDITION GIN 52
12:30 13:15 TOTAL CONDITION	GIN 52	12:15 13:15 BARRA DE CHÃO GIN 72	12:30 13:15 LOCAL BALL GIN 51	12:15 13:15 BARRA DE CHÃO GIN 72	12:30 13:30 KRAV MAGA GIN 53
12:30 13:15 LOCAL BALL	GIN 51	12:30 13:15 LOCAL POWER GIN 61	12:30 13:30 KRAV MAGA GIN 53	12:30 13:15 LOCAL POWER GIN 61	12:30 13:15 GLOBAL TRAINING GIN 51
12:30 13:30 KRAV MAGA	GIN 53	12:30 13:00 CIRCUITO GIN 21	12:45 13:30 BIKE GIN 14	12:30 13:00 CIRCUITO GIN 21	12:45 13:30 BIKE GIN 14
12:45 13:30 BIKE	GIN 14	12:45 13:45 PILATES GIN 71	13:00 13:30 CARDIO ABS GIN 61	12:45 13:45 PILATES GIN 71	13:00 14:00 PILATES GIN 71
13:00 13:45 ZUMBA	GIN 61	12:50 13:35 TOTAL CONDITION GIN 51	13:00 14:00 FITBOXE GIN 21	12:50 13:35 TOTAL CONDITION GIN 51	13:00 14:00 FITBOXE GIN 21
13:00 14:00 PILATES	GIN 71	13:00 14:00 KARATE GIN 11	13:15 14:00 GLOBAL TRAINING GIN 51	13:00 14:00 KARATE GIN 11	13:15 14:15 BARRA DE CHÃO GIN 61
13:00 14:00 FITBOXE	GIN 21	13:00 14:00 SEVILHANAS GIN 52	13:15 14:15 BARRA DE CHÃO GIN 71	13:00 14:00 HATHA YOGA GIN 81	13:15 14:00 ALONGAMENTOS GIN 51
13:15 14:00 GLOBAL TRAINING	GIN 51	13:00 14:00 HATHA YOGA GIN 81	13:30 14:00 ALONGAMENTOS GIN 61	13:00 14:00 FLAMENCO GIN 52	
13:15 14:15 BARRA DE CHÃO	GIN 72	13:10 13:55 BIKE GIN 14		13:10 13:55 BIKE GIN 14	
		13:30 14:05 TRX® GIN 21		13:30 14:05 TRX® GIN 21	
		13:30 14:30 JOGO DO PAU GIN 53		13:30 14:30 JOGO DO PAU GIN 53	
		14:30 17:00 JOGO DO PAU GIN 53		14:30 17:00 JOGO DO PAU GIN 53	

TARDE

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA
17:30 18:15 TOTAL CONDITION	GIN 61	15:45 16:30 MODERADA GIN 51	17:30 18:15 TOTAL CONDITION GIN 61	15:45 16:30 MODERADA GIN 51	17:30 18:15 TOTAL CONDITION GIN 61
17:50 18:50 PILATES	GIN 71	18:00 19:00 PILATES GIN 71	17:50 18:50 PILATES GIN 71	18:00 19:00 PILATES GIN 71	17:50 18:50 PILATES GIN 71
18:15 19:25 YOGA	GIN 81	18:15 19:00 CARDIO GAP GIN 51	18:15 19:25 YOGA GIN 81	18:15 19:00 CARDIO GAP GIN 51	18:15 19:25 YOGA GIN 81
18:20 19:05 GLOBAL TRAINING	GIN 61	18:45 19:30 LOCALIZADA GIN 61	18:20 19:05 GLOBAL TRAINING GIN 61	18:45 19:30 LOCALIZADA GIN 61	18:20 19:05 GLOBAL TRAINING GIN 61
18:25 19:10 AERÓBICA	GIN 21	19:00 19:45 GLOBAL TRAINING GIN 51	18:25 19:10 AERÓBICA GIN 21	19:00 19:45 GLOBAL TRAINING GIN 51	18:30 19:15 LOCAL POWER GIN 51
18:30 19:15 LOCAL POWER	GIN 51	19:00 19:45 BIKE GIN 14	18:30 19:15 LOCAL POWER GIN 51	19:00 19:45 BIKE GIN 14	19:00 20:00 PILATES GIN 71
19:00 20:00 PILATES	GIN 71	19:10 20:10 PILATES GIN 71	19:00 20:00 PILATES GIN 71	19:00 19:45 BARRA DE CHÃO GIN 72	19:10 19:55 AEROSTEP GIN 61
19:00 19:45 BARRA DE CHÃO	GIN 72	19:30 21:30 ESGRIMA GIN 02	19:10 19:55 STEP GIN 61	19:10 20:10 PILATES GIN 71	19:30 20:00 CIRCUITO POWER GIN 51
19:10 19:55 STEP	GIN 61	19:30 20:30 FITBOXE GIN 21	19:10 19:55 PUMP POWER GIN 21	19:30 21:30 ESGRIMA GIN 02	19:45 20:45 HATHA YOGA GIN 81
19:10 19:55 PUMP POWER	GIN 21	19:30 20:15 ALONGAMENTOS GIN 61	19:20 20:05 TOTAL DANCE GIN 72	19:30 20:30 FITBOXE GIN 21	20:00 20:45 ALONGAMENTOS GIN 61
19:15 19:45 CIRCUITO POWER	GIN 51	20:15 21:45 DANÇAS SOCIAIS E DE SALÃO GIN 72	19:30 20:00 CIRCUITO POWER GIN 51	19:30 20:15 ALONGAMENTOS GIN 61	
19:45 20:45 HATHA YOGA	GIN 81		19:45 20:45 HATHA YOGA GIN 81	20:15 21:45 DANÇAS SOCIAIS E DE SALÃO GIN 72	
20:00 21:00 DANÇA CLÁSSICA ADULTOS	GIN 21		20:00 21:00 DANÇA CLÁSSICA ADULTOS GIN 21		
20:00 20:45 LOCALIZADA	GIN 61		20:00 20:45 LOCALIZADA GIN 61		