

## 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	12:30   14:30 JOGO DO PAU GIN 51	
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 SÊNIOR 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 SÊNIOR FIT GIN 52		
10:30   11:15 SÊNIOR FIT	GIN 51		10:00   10:45 LOCALIZADA GIN 61		10:30   11:15 SÊNIOR FIT GIN 51		
11:00   11:45 ALONGAMENTOS	GIN 61		10:15   11:00 SÊNIOR FIT GIN 52		11:00   11:45 ALONGAMENTOS GIN 61		
11:20   12:00 SÊNIOR FIT	GIN 51		10:30   11:30 PÓS-PARTO GIN 71		11:20   12:00 SÊNIOR FIT GIN 51		
11:30   12:40 YOGA	GIN 81		10:30   11:15 SÊNIOR FIT GIN 51		11:30   12:40 YOGA GIN 81		
			11:00   11:45 ALONGAMENTOS GIN 61				
			11:20   12:00 SÊNIOR 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 SÊNIOR FIT GIN 51	12:30   13:15 TOTAL CONDITION GIN 52	12:05   12:50 SÊNIOR 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	

## 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		