

		2ª FEIRA		3ª FEIRA		4ª FEIRA		5ª FEIRA		6ª FEIRA		SÁBADO		DOMINGO	
MANHÃ		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 ALONGAMENTOS	GIN 51
		07:30 08:30 HATHA YOGA	GIN 81	07:30 08:30 HATHA YOGA	GIN 81	07:30 08:30 CLUBE DA CORRIDA	GIN *	07:30 08:30 HATHA YOGA	GIN 81	07:30 08:30 HATHA YOGA	GIN 81	10:30 11:30 PILATES	GIN 71		
		08:00 08:45 PILATES	GIN 71	07:45 08:30 GLOBAL TRAINING	GIN 51	07:30 08:30 HATHA YOGA	GIN 81	07:45 08:30 GLOBAL TRAINING	GIN 51	07:30 08:15 BIKE	GIN 14	10:45 11:30 LOCALIZADA	GIN 51		
		08:00 08:45 GLOBAL TRAINING	GIN 61	08:15 09:00 PILATES	GIN 71	07:30 08:15 BIKE	GIN 14	08:15 09:00 PILATES	GIN 71	08:00 08:45 PILATES	GIN 71	10:45 11:30 BIKE	GIN 14		
		09:15 10:00 PRÉ PARTO	GIN 71	08:15 09:00 LOCALIZADA	GIN 61	08:00 08:45 PILATES	GIN 71	08:15 09:00 LOCALIZADA	GIN 61	08:00 08:45 GLOBAL TRAINING	GIN 61	11:35 12:20 ALONGAMENTOS	GIN 51		
		09:30 10:15 TOTAL CONDITION	GIN 51	09:00 10:00 BARRA DE CHÃO	GIN 72	08:00 08:45 GLOBAL TRAINING	GIN 61	09:00 10:00 BARRA DE CHÃO	GIN 72	09:30 10:15 TOTAL CONDITION	GIN 51				
		10:00 10:45 LOCALIZADA	GIN 61	10:00 10:45 TOTAL CONDITION	GIN 51	09:15 10:00 PRÉ PARTO	GIN 71	10:00 10:45 TOTAL CONDITION	GIN 51	10:00 10:45 LOCALIZADA	GIN 61				
		10:15 11:00 SÉNIOR FIT	GIN 52	10:15 11:00 GLOBAL TRAINING	GIN 61	09:30 10:15 TOTAL CONDITION	GIN 51	10:15 11:00 GLOBAL TRAINING	GIN 61	10:15 11:00 SÉNIOR FIT	GIN 52				
		10:30 11:30 PÓS PARTO	GIN 71	11:00 12:00 PILATES	GIN 71	10:00 10:45 LOCALIZADA	GIN 61	11:00 12:00 PILATES	GIN 71	10:30 11:15 SÉNIOR FIT	GIN 51				
		10:30 11:15 SÉNIOR FIT	GIN 51			10:15 11:00 SÉNIOR FIT	GIN 52			10:50 11:35 ALONGAMENTOS	GIN 61				
		10:50 11:35 ALONGAMENTOS	GIN 61			10:30 11:30 PÓS PARTO	GIN 71			11:20 12:00 SÉNIOR FIT	GIN 51				
		11:20 12:00 SÉNIOR FIT	GIN 51			10:30 11:15 SÉNIOR FIT	GIN 51			11:30 12:40 YOGA	GIN 81				
		11:30 12:40 YOGA	GIN 81			10:50 11:35 ALONGAMENTOS	GIN 61								
						11:20 12:00 SÉNIOR FIT	GIN 51								
						11:30 12:40 YOGA	GIN 81								

ALMOÇO		13H 13H30 HIIT	GIN SE	13H:00 14:15 SEVILHANAS	GIN 52	13H 13H30 HIIT	GIN SE	12:00 12:45 SÉNIOR FIT	GIN 51	12:30 13:15 TOTAL CONDITION	GIN 52
		12:30 13:15 CLUBE DA CORRIDA	GIN 21	12:00 13:00 SEVILHANAS	GIN 52	12:30 13:15 TOTAL CONDITION	GIN 52	12:15 13:15 BARRA DE CHÃO	GIN 72	12:30 13:30 KRAV MAGA	GIN 31
		12:30 13:15 TOTAL CONDITION	GIN 52	12:00 12:45 SÉNIOR FIT	GIN 51	12:30 13:15 LOCAL BALL	GIN 51	12:30 13:15 LOCAL POWER	GIN 61	12:30 13:15 GLOBAL TRAINING	GIN 51
		12:30 13:15 LOCAL BALL	GIN 51	12:15 13:15 BARRA DE CHÃO	GIN 72	12:30 13:30 KRAV MAGA	GIN 31	12:30 13:00 CIRCUITO	GIN 21	12:45 13:30 BIKE	GIN 14
		12:30 13:30 KRAV MAGA	GIN 31	12:30 13:15 LOCAL POWER	GIN 61	12:45 13:30 BIKE	GIN 14	12:45 13:45 PILATES	GIN 71	13:00 14:00 KARATÉ	GIN 43
		12:45 13:30 BIKE	GIN 14	12:30 13:00 CIRCUITO	GIN 21	13:00 13:30 CARDIO ABS	GIN 61	12:45 14:15 FLAMENCO	GIN 52	13:00 14:00 PILATES	GIN 71
		13:00 14:00 KARATÉ	GIN 43	12:45 13:45 PILATES	GIN 71	13:00 14:00 KARATÉ	GIN 43	12:50 13:35 TOTAL CONDITION	GIN 51	13:00 14:00 FITBOXE	GIN 21
		13:00 13:45 ZUMBA	GIN 61	12:50 13:35 TOTAL CONDITION	GIN 51	13:00 14:00 FITBOXE	GIN 21	13:00 14:00 KARATÉ	GIN 11	13:15 14:15 BARRA DE CHÃO	GIN 61
		13:00 14:00 PILATES	GIN 71	13:00 14:00 KARATÉ	GIN 11	13:15 14:00 GLOBAL TRAINING	GIN 51	13:00 14:00 HATHA YOGA	GIN 81	13:15 14:00 ALONGAMENTOS	GIN 51
		13:00 14:00 FITBOXE	GIN 21	13:00 14:00 HATHA YOGA	GIN 81	13:15 14:15 BARRA DE CHÃO	GIN 71	13:10 13:55 BIKE	GIN 14		
		13:15 14:00 GLOBAL TRAINING	GIN 51	13:10 13:55 BIKE	GIN 14	13:30 14:00 ALONGAMENTOS	GIN 61	13:30 14:05 TRX®	GIN 21		
		13:15 14:15 BARRA DE CHÃO	GIN 72	13:30 14:05 TRX®	GIN 21						

		2ª FEIRA		3ª FEIRA		4ª FEIRA		5ª FEIRA		6ª FEIRA	
TARDE		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
		18:20 19:05 GLOBAL TRAINING	GIN 61	18:15 19:00 CORE TRAINING	GIN 51	18:20 19:05 GLOBAL TRAINING	GIN 61	18:15 19:00 CORE TRAINING	GIN 51	18:20 19:05 GLOBAL TRAINING	GIN 61
		18:25 19:05 AERÓBICA	GIN 21	18:45 19:30 LOCALIZADA	GIN 61	18:25 19:05 AERÓBICA	GIN 21	18:45 19:30 LOCALIZADA	GIN 61	18:25 19:05 AERÓBICA	GIN 21
		18:25 19:35 YOGA	GIN 81	19:00 19:45 GLOBAL TRAINING	GIN 51	18:25 19:35 YOGA	GIN 81	19:00 19:45 GLOBAL TRAINING	GIN 51	18:25 19:35 YOGA	GIN 81
		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	18:30 19:15 LOCAL POWER	GIN 51
		19:00 20:00 PILATES	GIN 71	19:10 20:10 PILATES	GIN 71	19:00 20:00 PILATES	GIN 71	19:00 20:00 BARRA DE CHÃO	GIN 72	19:00 20:00 PILATES	GIN 71
		19:00 20:00 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	19:10 19:55 STEP	GIN 61
		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	19:30 20:00 CIRCUITO POWER	GIN 51
		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	19:45 20:45 HATHA YOGA	GIN 81
		19:20 19:50 CIRCUITO POWER	GIN 51			19:30 20:00 CIRCUITO POWER	GIN 51	19:30 20:15 ALONGAMENTOS	GIN 61	20:00 20:45 ALONGAMENTOS	GIN 61
		19:45 20:45 HATHA YOGA	GIN 81			19:45 20:45 HATHA YOGA	GIN 81				
		20:00 21:00 DANÇA CLASSICA – ADULTOS	GIN 21			20:00 21:00 DANÇA CLASSICA – ADULTOS	GIN 21				
		20:00 20:45 LOCALIZADA	GIN 61			20:00 20:45 LOCALIZADA	GIN 61				
		20:15 22:00 DANÇAS SÓCIAIS E DE SALÃO	GIN 72			20:15 22:00 DANÇAS SÓCIAIS E DE SALÃO	GIN 72				

