

Grade de Aulas

ATUALIZADO EM 20/10/2023

HORÁRIOS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:30		STEP RENATO 30'		STEP RENATO 30'		
07:00		STEP RENATO 30'		STEP RENATO 30'	STEP RENATO 45'	
07:30	GAP BRUNA 30'	LOCAL RENATO 30'	GAP BRUNA 30'	LOCAL RENATO 30'	07:45 LOCAL RENATO 30'	
08:00	FUNCIONAL BRUNA 30'	BIKE RENATO 45'	FUNCIONAL BRUNA 30'	BIKE RENATO 45'	08:15 BIKE RENATO 45'	
08:40	BIKE BRUNA 30'	08:50 POSTURAL RENATO 45'	BIKE BRUNA 30'	08:50 POSTURAL RENATO 45'		09:45 BIKE BRUNA 45'
09:15	PILATES BRUNA 30'	09:30 BIKE RENATO 45'	PILATES BRUNA 30'	09:30 BIKE RENATO 45'		10:30 FUNCIONAL BRUNA 45'
10:15		ZUMBA ADRIANO 60'		ZUMBA ADRIANO 60'		11:15 ALONGAMENTO BRUNA 30'
INTERVALO						
16:45	ABDO./ALONG. WILL 30'		ABDO./ALONG. WILL 30'		ABDO./ALONG. WILL 30'	
17:15	POSTURAL WILL 30'		POSTURAL WILL 30'		POSTURAL WILL 30'	
17:45	FUNCIONAL WILL 30'		FUNCIONAL WILL 30'		FUNCIONAL WILL 30'	
18:15	BIKE WILL 45'	PILATES POLLY 45'	BIKE WILL 45'	PILATES POLLY 45'	BIKE WILL 45'	
18:30	ALONGAMENTO POLLY 30'		ALONGAMENTO POLLY 30'			
19:00	JUMP POLLY 45'	FUNCIONAL POLLY 30'	JUMP POLLY 45'	FUNCIONAL POLLY 30'		
	JIU JITSU 90'	JIU JITSU 90'	JIU JITSU 90'	JIU JITSU 90'		
19:30	19:45 GAP POLLY 30'	DANÇA DO VENTRE LUCIANA 45'	19:45 GAP POLLY 30'	FIT DANCE POLLY 45'		
20:30	MUAY THAI PEDRO 60'	YOGA THOMAS 60'	MUAY THAI PEDRO 60'	YOGA THOMAS 60'		
	ZUMBA ADRIANO 60'		ZUMBA ADRIANO 60'			

BIKE, JUMP, PILATES e STEP agendamento no APP a partir de 90 minutos antes do início.

TODOS OS HORÁRIOS ESTÃO SUJEITOS A ALTERAÇÃO!