

MAPA DE AULAS

SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA		SABADO	
07.20	SCHW. CYCLING 30'	07.20	YOGA 50'	07.20	LOCALIZADA 50'			07.20	CYCLING 30'		
08.00	CORE (ABS) 15'							08.00	TRX 30'		
		09.10	SCHW. CYCLING 45'	09.30	FIT COMBAT 45'					09.20	CYCLING 50'
10.00	JUMP 45'	10.00	BODY PUMP 50'	10.15	PILATES 50'	10.00	LOCALIZADA 50'	10.00	SCHW. CYCLING 30'	10.00	CROSS KIDS (3 aos 13) 45'
								10.40	G.A.P. 30'	10.30	PILATES 45'
12.45	LOCALIZADA 50'	12.45	AERODANCE 50'	12.45	CYCLING 45'	12.45	BODY BALANCE 50'	12.45	LOCALIZADA 50'		
		16.30	LOCALIZADA 50'			16.30	SCHW. CYCLING 30'				
18.00	CROSS KIDS (3 aos 6) 45'					17.10	G.A.P. 30'				
18.10	SCHW. CYCLING 45'	18.00	BODY BALANCE 45'	18.00	BUMFIT 30'	18.00	CROSS KIDS (7 aos 13) 50'	17.50	DANCING KIDS (3 aos 6) 45'		
18.30	LOCALIZADA 50'	18.15	STEP 45'	18.10	ZUMBA KIDS (3 aos 6) 45'	18.00	JUMP 45'	18.00	SCHW. CYCLING 30'	17.30	CYCLING 50'
18.30	JUMP 45'	18.20	FIT COMBAT 45'	18.30	BODY PUMP 50'	18.25	STEP 45'	18.20	FIT COMBAT 45'	18.30	LOCALIZADA 50'
19.00	ZUMBA KIDS (7 aos 13) 45'	18.20	TRX 30'	18.30	JUDO KIDS (3 aos 13) 60'	18.55	TRX 30'	18.45	BUMFIT 30'		
19.00	DEFESA PESSOAL 50'	18.50	DANCING KIDS (7 aos 13) 45'	18.35	SCHW. CYCLING 45'	19.00	JIU-JITSU 45'	19.00	JUDO KIDS (3 aos 13) 60'		
19.20	G.A.P. 30'	19.00	KICKBOXING 60'	18.35	CORE (ABS) 15'	19.00	3B 30'	19.00	BODY PUMP 50'		
19.30	SCHW. CYCLING 45'	19.05	SCHW. CYCLING 45'	19.00	BODY BALANCE 45'	19.10	SCHW. CYCLING 45'	19.10	ZUMBA 45'		
19.30	BODY PUMP 50'	19.10	IPT 30'	19.30	SCHW. CYCLING 45'	19.20	LOCALIZADA 50'	19.20	SCHW. CYCLING 45'		
19.55	CORE (ABS) 15'	19.40	3B 30'	19.30	DEFESA PESSOAL 50'	19.30	ZUMBA KIDS (7 aos 13) 45'	19.20	CORE (ABS) 15'		
20.00	KICKBOXING 60'	19.40	CORE (ABS) 15'	19.50	G.A.P. 30'	19.40	IPT 30'	19.55	BODY BALANCE 50'		
20.20	SCHW. CYCLING 45'	20.00	SCHW. CYCLING 45'	20.00	ZUMBA 45'	20.00	KICKBOXING 60'				
20.30	TRX 30'	20.00	BODY PUMP 45'	20.30	YOGA 50'	20.20	PILATES 50'				
21.05	PILATES 50'	20.00	JIU-JITSU 45'			20.30	CYCLING 45'				
		20.15	ZUMBA 45'								

SALA AZUL
SALA VERDE
SALA LARANJA
SALA VERMELHA
ARTES MARCIAIS

