



HORÁRIOS DE AULAS

UNIDADE ANCHIETA

SEG TER QUA QUI SEX SÁB

PILATES (CARLA) 07:15 ●	BIKE III (SÉRGIO) 06:00 ●	CORE CONTROL (ROGÉRIO) 06:30 ●	BIKE III (SÉRGIO) 06:00 ●	CORE CONTROL (ROGÉRIO) 08:00 ●	PILATES 08:30 ●
FUNCIONAL (CARLA) 08:00 ●	FUNCIONAL (SÉRGIO) 07:00 ●	PILATES (CARLA) 07:15 ●	FUNCIONAL (SÉRGIO) 07:00 ●	FUNCIONAL (CARLA) 18:15 ●	H.I.I.T 09:30 ●
POSTURAL FLEX (CAROL) 09:00 ●	BOXE SPORT (SÉRGIO) 08:00 ●	FUNCIONAL (CARLA) 08:00 ●	BIKE III (SÉRGIO) 09:00 ●	BOXE SPORT (CARLA) 19:15 ●	BIKE III 10:00 ●
FUNCIONAL (CARLA) 17:00 ●	ABS EXPRESS (SÉRGIO) 08:45 ●	POSTURAL FLEX (CARLA) 09:00 ●	H.I.I.T (CAROL) 17:00 ●	POSTURAL FLEX (CARLA) 20:00 ●	FUNCIONAL 11:00 ●
FUNCIONAL (CAROL) 18:15 ●	BIKE III (SÉRGIO) 09:00 ●	ABS/GLUTEOS (CARLA) 18:00 ●	ABS/GLUTEOS (CAROL) 17:30 ●		
BIKE III (CAROL) 19:00 ●	POSTURAL (CAROL) 10:00 ●	H.I.I.T. (CARLA) 18:30 ●	POSTURAL FLEX (CAMILA) 17:30 ●		
PILATES (CARLA) 19:00 ●	H.I.I.T TRAINING (CAROL) 17:00 ●	POSTURAL FLEX (CARLA) 19:00 ●	ABDOMINAL (CAMILA) 18:00 ●		
JUMP (CARLA) 19:30 ●	POSTURAL (CAMILA) 17:30 ●	JUMP (CARLA) 19:30 ●	PILATES (CAMILA) 18:15 ●		DOM
ABS/GLUTEOS (CAROL) 20:00 ●	PILATES (CAMILA) 18:00 ●	ABS/GLUTEOS (CAROL) 20:00 ●	BIKE III (CAMILA) 19:00 ●		ESCALA 10:30 ●
POSTURAL (CAROL) 20:30 ●	ZUMBA (CAROL) 18:30 ●	H.I.I.T (CAROL) 20:30 ●	CORE CONTROL (ROGÉRIO) 19:00 ●		BIKE III (ESCALA) 11:30 ●
CORE CONTROL (ROGÉRIO) 20:30 ●	BIKE III (CAMILA) 19:00 ●	BIKE (CARLA) 20:30 ●	FITDANCE (CAROL) 20:00 ●		
	CORE CONTROL (ROGÉRIO) 19:00 ●				
	FITDANCE (CAROL) 20:00 ●				

DURAÇÃO DAS AULAS ● 60' ● 45' ● 30' ● 15'