



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 ●	POSTURAL (THIAGO) 08:30 ●
FUNCIONAL (CARLA) 08:00 ●	ABDOMINAL (SÉRGIO) 07:00 ●	PILATES (CARLA) 07:15 ●	FUNCIONAL (SÉRGIO) 07:00 ●	FUNCIONAL (THIAGO) 18:00 ●	ABS EXPRESS (THIAGO) 09:15 ●
POSTURAL FLEX (CARLA) 09:00 ●	FUNCIONAL (SÉRGIO) 07:15 ●	FUNCIONAL (CARLA) 08:00 ●	BIKE III (SÉRGIO) 09:00 ●	LOCAL/G.A.P (THIAGO) 19:00 ●	H.I.I.T (THIAGO) 09:30 ●
FUNCIONAL (CARLA) 17:00 ●	BOX SPORT (SÉRGIO) 08:45 08:00 ●	POSTURAL FLEX (CARLA) 09:00 ●	H.I.I.T (CAROL) 17:00 ●	POSTURAL (THIAGO) 20:00 ●	BIKE (THIAGO) 10:00 ●
PILATES (CARLA) 18:00 ●	ABS EXPRESS (SÉRGIO) 08:45 ●	PILATES (CARLA) 18:00 ●	POSTURAL (CAROL) 17:30 ●		FUNCIONAL (THIAGO) 11:00 ●
FUNCIONAL (CAROL) 18:15 ●	BIKE III (SÉRGIO) 09:00 ●	FUNCIONAL (CAROL) 18:15 ●	ABS (CAROL) 18:00 ●		
JUMP (CARLA) 19:00 ●	POSTURAL (CAROL) 10:00 ●	JUMP (CARLA) 19:00 ●	FUNCIONAL (CAROL) 18:15 ●		
BIKE (CAROL) 19:00 ●	H.I.I.T (CAROL) 17:00 ●	G.A.P (THIAGO) 19:00 ●	BIKE (CAROL) 19:00 ●		
FUNCIONAL (THIAGO) 19:00 ●	POSTURAL (CAROL) 17:30 ●	BIKE HIIT (CAROL) 19:00 ●	CORE CONTROL (ROGÉRIO) 19:00 ●		DOM
ABS/GLUTEOS (CAROL) 20:00 ●	ABS (CAROL) 18:15 ●	ABS (THIAGO) 19:45 ●	FITDANCE (CAROL) 20:00 ●		ESCALA 10:30 ●
ZUMBA (THIAGO) 20:00 ●	H.I.I.T (CAROL) 18:30 ●	FITDANCE (CAROL) 20:00 ●			BIKE III (ESCALA) 11:30 ●
CORE CONTROL (ROGÉRIO) 20:30 ●	BIKE (CAROL) 19:00 ●	BIKE H.I.I.T (THIAGO) 20:00 ●			
STEP (THIAGO) 20:30 ●	CORE CONTROL (ROGÉRIO) 19:00 ●	H.I.I.T (THIAGO) 20:30 ●			
	FITDANCE (CAROL) 20:00 ●				

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