



HORÁRIOS DE AULAS

UNIDADE FIGUEIRAS

SEG**TER****QUA****QUI****SEX****SÁB**

BIKE III (B) 06:15 ●	PILATES (1) 07:00 ●	ABDOMINAL (1) 07:00 ●	ABS+GLÚTEOS (1) 07:00 ●	ABDOMINAL (2) 07:00 ●	ESCALA 10:00 ●
PUMP (1) 07:00 ●	FUNCIONAL (2) 08:00 ●	RUNNING 07:30 ●	ALONGAMENTO (1) 07:30 ●	BIKE II 07:30 ●	BIKE III (B) 11:00 ●
BIKE III (B) 08:00 ●	LOCAL (1) 09:00 ●	JUMP 08:15 ●	FUNCIONAL (1) 08:00 ●	PUMP II 08:15 ●	
BALLET FITNESS 08:30 ●	ABS (1) 10:00 ●	BIKE (B) 08:45 ●	PILATES (1) 08:30 ●	RUNNING (1) 09:00 ●	
GAP (1) 09:00 ●	FUNCIONAL (2) 15:00 ●	ZUMBA 08:45 ●	PUMP (1) 09:00 ●	ABS (1) 09:30 ●	
ALONGAMENTO (1) 09:30 ●	ABS (1) 15:30 ●	ALONGAMENTO (1) 09:30 ●	BIKE 15:00 ●	ALONGAMENTO 18:00 ●	
FELIZ IDADE 15:00 ●	BIKE II (B) 16:00 ●	FELIZ IDADE 15:00 ●	CONDIC. (1) 16:00 ●	BIKE II (B) 18:30 ●	
LOCAL (1) 17:00 ●	BIKE I (B) 17:30 ●	ALONGAMENTO (2) 18:00 ●	ABS 16:30 ●	BALLET FITNESS (1) 19:30 ●	
JUMP/ALONGAMENTO (1) 18:00 ●	STEP INICIANTE 18:00 ●	BIKE CLASS 18:30 ●	BIKE I (B) 17:30 ●	ZUMBA (1) 20:15 ●	
BOXE (1) 18:30 ●	POSTURAL FLEX 18:00 ●	FUNCIONAL (1) 19:30 ●	POSTURAL FLEX (1) 18:00 ●		DOM
BIKE II (B) 18:30 ●	PILATES / ABS 18:30 ●	BOXE (2) 20:30 ●	BOARD PILATES (1) 18:45 ●		
FUNCIONAL 19:30 ●	FITDANCE (1) 19:00 ●	ABS (2) 21:15 ●	ABS (2) 18:30 ●		
POSTURA FLEX (1) 19:30 ●	JUMP 19:30 ●		FITDANCE (2) 19:00 ●		
ABDOMINAL (1) 20:00 ●	BIKE II (B) 19:30 ●		JUMP (2) 19:30 ●		
BIKE I (B) 20:30 ●	PUMP (1) 20:15 ●		BIKE II (B) 19:30 ●		
BOXE (2) 20:30 ●			PUMP (1) 20:15 ●		
ABS (2) 21:15 ●					
POSTURAL (01) 21:30 ●					

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