



# HORÁRIOS DE AULAS

UNIDADE ANCHIETA

## SEG

## TER

## QUA

## QUI

H.I.I.T (CAROL) 06:00 - 06:25	H.I.I.T (CAROL) 06:00 - 06:25	H.I.I.T (CAROL) 06:00 - 06:25	H.I.I.T (CAROL) 06:00 - 06:25
POSTURAL (CAROL) 06:30 - 07:00	POSTURAL (CAROL) 06:30 - 07:00	POSTURAL (CAROL) 06:30 - 07:00	POSTURAL (CAROL) 06:30 - 07:00
FUNCIONAL (CAROL) 07:00 - 07:30	FUNCIONAL (CAROL) 07:00 - 07:30	FUNCIONAL (CAROL) 07:00 - 07:30	FUNCIONAL (CAROL) 07:00 - 07:30
POSTURAL (CAROL) 07:30 - 08:00	POSTURAL (CAROL) 07:30 - 08:00	POSTURAL (CAROL) 07:30 - 08:00	POSTURAL (CAROL) 07:30 - 08:00
FUNCIONAL (CAROL) 08:00 - 08:45	H.I.I.T (CAROL) 08:00 - 08:30	FUNCIONAL (CAROL) 08:00 - 08:45	H.I.I.T (CAROL) 08:00 - 08:30
ALONGAMENTO (CAROL) 08:45 - 09:00	ALONGAMENTO (CAROL) 08:30 - 09:00	ALONGAMENTO (CAROL) 08:45 - 09:00	ALONGAMENTO (CAROL) 08:30 - 09:00
JUMP (CARLA) 19:00 - 19:45	BOX SPORT (SÉRGIO) 08:00 - 08:30	JUMP (CARLA) 19:00 - 19:45	BOX SPORT (SÉRGIO) 08:00 - 08:30
PILATES (CARLA) 19:45 - 20:30	H.I.I.T (SÉRGIO) 08:30 - 09:00	PILATES (CARLA) 19:45 - 20:30	H.I.I.T (SÉRGIO) 08:30 - 09:00
HIIT (THIAGO) 19:00 - 19:30	BIKE (SÉRGIO) 09:00 - 09:50	HIIT (THIAGO) 19:00 - 19:30	BIKE (SÉRGIO) 09:00 - 09:50
BIKE (THIAGO) 19:30 - 20:00	CORE CONTROL (ROGÉRIO) 19:00 - 20:00	BIKE (THIAGO) 19:30 - 20:00	CORE CONTROL (ROGÉRIO) 19:00 - 20:00
ZUMBA (THIAGO) 20:00 - 20:45	FITDANCE (CAROL) 19:00 - 19:45	ZUMBA (THIAGO) 20:00 - 20:45	FITDANCE (CAROL) 19:00 - 19:45
CORE CONTROL (ROGÉRIO) 21:00 - 21:45		CORE CONTROL (ROGÉRIO) 21:00 - 21:45	