



HORÁRIOS DE AULAS

UNIDADE ANCHIETA

SEG

TER

QUA

QUI

H.I.I.T 07:00	H.I.I.T 06:00	H.I.I.T 07:00	H.I.I.T 06:00
POSTURAL 07:30	POSTURAL 06:30	POSTURAL 07:30	POSTURAL 06:30
FUNCIONAL 08:00	H.I.I.T 07:00	FUNCIONAL 08:00	H.I.I.T 07:00
ABS 08:45	POSTURAL 07:30	ABS 08:45	POSTURAL 07:30
FUNCIONAL 18:00	FUNCIONAL 08:00	FUNCIONAL 18:00	FUNCIONAL 08:00
BIKE CLASS 19:00	BOX SPORT 08:45	BIKE CLASS 19:00	BIKE CLASS 09:00
ZUMBA 20:00	BIKE CLASS 09:00	ZUMBA 20:00	CORE CONTROL 19:00
CORE CONTROL 21:00	CORE CONTROL 19:00	CORE CONTROL 21:00	FITDANCE 19:00
	FITDANCE 19:00		