

italy

HORÁRIOS DE AULAS

UNIDADE GOIÁS

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

MUAY THAI (CARLOS) 08:00 ●	BIKE (ALINE) 08:00 ●	JUMP (ALINE) 07:30 ●	BIKE (ALINE) 08:00 ●	HIT (ALINE) 08:00 ●
HIIT (ALINE) 08:00 ●	MUAY THAI (CARLOS) 08:00 ●	MUAY THAI (CARLOS) 08:00 ●	MUAY THAI (CARLOS) 08:00 ●	ALONGAMENTO (ALINE) 08:30 ●
ABDOMINAL (ALINE) 08:30 ●	ALONGAMENTO (ALINE) 08:45 ●	ABDOMINAL (ALINE) 08:00 ●	ALONGAMENTO (ALINE) 08:45 ●	ABDOMINAL (BRUNO) 18:00 ●
BIKE (BRUNO) 19:30 ●	ABDOMINAL (BRUNO) 19:00 ●	JUMP (BRUNO) 19:30 ●	ABDOMINAL (BRUNO) 19:00 ●	HIT (BRUNO) 18:30 ●
HIT (BRUNO) 20:00 ●	BIKE (BRUNO) 19:30 ●	HIT (BRUNO) 20:00 ●	BIKE (BRUNO) 19:30 ●	JUMP (BRUNO) 19:00 ●
FITDANCE (ERIK) 20:00 ●	HIT (BRUNO) 20:00 ●	FITDANCE (ERIK) 20:00 ●	HIT (BRUNO) 20:00 ●	ALONGAMENTO (BRUNO) 20:00 ●
ALONGAMENTO (BRUNO) 20:30 ●	MUAY THAI (CARLOS) 20:00 ●	ALONGAMENTO (BRUNO) 20:30 ●	MUAY THAI (CARLOS) 20:00 ●	
	ALONGAMENTO (BRUNO) 20:30 ●		ALONGAMENTO (BRUNO) 20:30 ●	

DURAÇÃO DAS AULAS

● 90'

● 60'

● 45'

● 30'

● 15'