



# HORÁRIOS DE AULAS

UNIDADE ANCHIETA

## SEG

## TER

## QUA

## QUI

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