



HORÁRIOS DE AULAS

UNIDADE ANCHIETA

SEG

TER

QUA

QUI

H.I.I.T 07:00	HIIT 06:00	H.I.I.T 07:00	HIIT 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 08:30	ABS 08:45	BOXE 08:30
FITDANCE 19:00	ABS 09:00	FITDANCE 19:00	ABS 09:00
BIKE CLASS 19:00	BIKE 09:15	BIKE CLASS 20:00	BIKE 09:15
CORE CONTROL 21:00	POSTURAL 18:30	CORE CONTROL 21:00	POSTURAL 18:30
	PILATES 19:00		PILATES 19:00
	CORE CONTROL 19:00		CORE CONTROL 19:00
	JUMP 20:00		JUMP 20:00