

JANEIRO 2023

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
7h15	TRX	Body Pump	Circuit Training Pilates	Cycling			
7h30							
8h00							
8h30	ABS 15'		ABS 15'		ABS 15'		
8h45			GAP 30'				
9h00	Pilates		Pilates		Pilates		
9h15		Cycling		RPM			
9h30	Full Body	ABS	Zumba		Body Attack	Body Pump	Pilates RPM
9h45	Circuit Training	TRX	Funcional	Cross Training	Hiit		
10h00	Pilates	Corpo e Mente	Yoga	Corpo e Mente	Pilates Clínico	Pilates	
10h15	RPM		Cycling		Cycling		
10h30	Salsation	Body Pump		Step	GAP 30'	Body Combat	Body Pump
10h45		Circuit Training	TRX	Fit Boxe		Cross Training	GAP 30'
11h00		Pilates		Pilates			Yoga
11h15						Cycling	
11h30						Salsation	Zumba
11h45							
12h30			Corpo e Mente				
12h45	RPM	Cross Training	ABS 15'	Circuit Training	TRX		
15h00	Pilates				Pilates		
15h15							
15h30		Pilates	Zumba				
16h30						GAP 30'	
16h45							
17h00		Pilates Clínico		Pilates			
17h15							
17h30	Step	Body Attack		Full Body		Hiit Zumba	
17h45	Circuit Training	TRX	Hiit	GAP 30'	Circuit Training		
18h00	Pilates	Pilates	Yoga	Pilates	Pilates	Pilates	
18h15	RPM	Cycling		Cycling	RPM	RPM	
18h30	Body Combat	Full Body	Body Pump	Zumba	Body Pump	Power Jump	
18h45	TRX	Circuit Training	GAP 30'	Funcional	Fit Boxe		
19h00	Pilates	Pilates	Corpo e Mente	Yoga			
19h15	Cycling	Cycling	RPM	RPM			
19h30	Zumba	Salsation	Body Combat	Body Pump	Body Attack		
19h45	Circuit Training	Cross Training	TRX	Circuit Training			
20h00							
20h15							
20h30			Power Jump				
20h45	Fit Boxe						
21h00	Power Jump	Body Pump	Corpo e Mente		Cycling		
21h15	Cycling			Cycling			
21h30		ABS 15'		ABS 15'			

SALA DE EXERCÍCIO

FUNCIONAL

MAIS

CYCLING

HOLÍSTICAS

ESTÚDIOS

ALTERAÇÕES



DESCARREGA O MAPA