

NOVEMBRO 2023

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO	
7h15	TRX	Body Pump	Circuit Training Pilates	Cycling				
7h30								
8h00								
8h30	FIT 15'	ABS 15'	ABS 15'	FIT 15'	ABS 15'			
8h45			GAP 30'					
9h00	Pilates		Pilates		Pilates			
9h15		Cycling		RPM				
9h30	Full Body	GAP 30'	Zumba	Body Pump		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			Cross Training	GAP 30'	
11h00		Pilates Clínico		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			Full Body		Hiit Zumba		
17h45	Circuit Training	TRX	Hiit	GAP 30'	Circuit Training			
18h00	Pilates	Pilates	Yoga	Pilates	Pilates	Pilates		
18h15	Cycling	RPM	Cycling	Cycling	Cycling	Cycling		
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	RPM	Cycling	RPM					
19h30	Zumba	Salsation	Body Combat	Body Pump				
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'	FIT 15'	ABS 15'	FIT 15'	ABS 15'			

ALTERAÇÕES

SALA DE EXERCÍCIO

FUNCIONAL

MAIS

CYCLING

HOLÍSTICAS

ESTÚDIOS