



# OUTUBRO 2021

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO	
7h15	TRX	Body Pump	Circuit Training Pilates	Cycling				
7h30								
8h00								
8h30								
8h45			GAP 30'					
9h00	Pilates	Cross Training	Pilates		Pilates			
9h15		Cycling		RPM				
9h30	Full Body	ABS	Zumba	GAP 30'	Zumba	Body Pump	Pilates Cycling	
9h45	Circuit Training	TRX	Funcional	Cross Training		GAP 30'		
10h00	Pilates	Corpo e Mente	Pilates Clínico	Corpo e Mente		Pilates		
10h15	RPM		Cycling		Cycling			
10h30	Fit Brasil	Body Pump	Full Body		GAP 30'	Body Combat	Body Pump	
10h45	Cross Training	Circuit Training	TRX	Funcional	Funcional	Cross Training	GAP 30'	
11h00		Pilates		Pilates			Yoga	
11h15						Cycling		
11h30	ABS			Full Body	Body Pump	Salsation	Zumba	
11h45								
12h30			Cycling					
12h45	RPM			Circuit Training	TRX			
15h00	Pilates				Pilates			
15h15								
15h30	GAP 30'	Pilates	Zumba					
15h45								
16h45						GAP 30'		
17h00				Pilates Clínico				
17h15								
17h30			GAP	Full Body		Zumba		
17h45	Circuit Training		Hiit	GAP 30'	Circuit Training	Hiit		
18h00	Pilates	Pilates	Yoga	Pilates	Pilates			
18h15	RPM	Cycling		Cycling	RPM	Cycling		
18h30	Body Combat	Full Body	Body Pump	Zumba	Body Pump	Power Jump		
18h45	TRX	Funcional	Fit Boxe	Funcional	GAP 30'			
19h00	Pilates	Pilates	Corpo e Mente	Yoga				
19h15	Cycling	Cycling	Cycling	RPM	Cycling			
19h30	Zumba	Salsation	Body Combat	Body Pump	Body Attack			
19h45	Circuit Training	Cross Training	TRX	Circuit Training				
20h00								
20h15								
20h30		Cycling	Power Jump					
20h45	Fit Boxe							
21h00	Power Jump	Body Pump			Cycling			
21h15	Cycling			Cycling				
21h30								
22h00								

OUTDOOR  
 FUNCIONAL  
 MAIS  
 CYCLING  
 HOLÍSTICAS  
 ESTÚDIOS

ONLINE NA PLATAFORMA

ALTERAÇÕES



APONTA A CÂMARA DO TEU TELEMÓVEL  
CLICA NO LINK E ACEDE AO MAPA DE AULAS  
ATRÁVES DO TEU SMARTPHONE