

SEGUNDA QUARTA E SEXTA		
HORÁRIO	AMBIENTE	AULAS
07:30 AS 08:30	GINASTICA	RAMON BARATA (FITDANCE)
08:00 AS 09:00	FUNCIONAL	KELVEN SANCHES (MUAYTHAI)
09:00 as 10:00	GINASTICA	JESSICA SOUZA (MAT PILATES)
10:00 AS 11:00	GINASTICA	RAMON BARATA (FITDANCE)
16:00 AS 17:00	GINASTICA	ANTONIO MARCOS PADILHA (FITDANCE)
17:00 as 18:00	FUNCIONAL	ANTONIO MARCOS PADILHA (FUNCIONAL)
18:00 AS 19:00	GINASTICA	CAROLINE SFAIR (D SALÃO)
18:15 AS 19:00	BIKE	ANNA VICTORIA (BIKE)
19:15 AS 20:00	FUNCIONAL	ANNA VICTORIA (FIT CROSS))
19:00 AS 20:00	GINASTICA	LEANDRO HAYNE (FIT DANCE)
20:15 AS 21:00	BIKE	ANNA VICTORIA (BIKE)

TERÇA E QUINTA		
HORÁRIO	AMBIENTE	AULAS
07:15 AS 08:15	GINASTICA	JESSICA SOUZA (MAT PILATES)
07:15 AS 08:15	BIKE	RENATA MEDEIROS (BIKE)
08:15 AS 09:15	GINASTICA	RENATA MEDEIROS (JUMP)
09:15 AS 10:15	GINASTICA	ANTONIO MARCOS PADILHA (FIT DANCE)
10:15 AS 11:15	FUNCIONAL	ANTONIO MARCOS PADILHA (FUNCIONAL)
16:00 AS 17:00	GINASTICA	DAVI SRUR (FIT DANCE)
17:00 AS 18:00	GINASTICA	RAFAELA DALMACIO (MAT PILATES)
18:00 AS 18:45	GINASTICA	ANTONIO MARCOS PADILHA (FIT DANCE)
19:00 AS 19:45	GINASTICA	RAFAELA DALMACIO (MAT PILATES)
19:00 AS 20:00	FUNCIONAL	RICARDO (MUAYTHAI)
18:45 AS 19:30	BIKE	RENATA MEDEIROS (BIKE)
19:45 AS 20:30	GINASTICA	RENATA MEDEIROS (JUMP)

SAÁBADO		
HORÁRIO	AMBIENTE	AULAS
08:00 AS 09:00	FUNCIONAL	RICARDO (MUAYTHAI)
09:00 AS 10:00	GINASTICA	ROTATIVO (FIT DANCE)