

SEGUNDA E QUARTA		
HORÁRIO	AMBIENTE	AULAS
08:15 as 09:15	GINASTICA	MARCOS PADILHA (FITDANCE)
09:15 as 10:15	GINASTICA	EVELYN GOMES (MAT PILATES)
09:15 as 10:15	FUNCIONAL	MARCOS PADILHA (GAP)
10:15 AS 11:15	FUNCIONAL	JOSÉ IVANILDO (MUAY THAY)
16:10 AS 17:10	GINASTICA	JESSICA SOUZA (MAT PILATES)
17:00 AS 18:00	BIKE	ANDY (BIKE)
18:00 AS 19:00	GINASTICA	ANDY (JUMP)
18:00 AS 19:00	FUNCIONAL	DAVI SRUR (FIT CROSS)
19:00 AS 20:00	FUNCIONAL	JOSE IVANILDO (MUAYTHAI)
19:00 AS 20:00	BIKE	DAVI SRUR (BIKE)
19:00 AS 20:00	GINASTICA	EVELYN GOMES (MAT PILATES)
20:00 AS 21:00	GINASTICA	DAVI SRUR (FIT DANCE)

TERÇA E QUINTA		
HORÁRIO	AMBIENTE	AULAS
07:30 AS 08:30	GINASTICA	KAROLINI LAMEIRA (MAT PILATES)
08:30 AS 09:30	GINASTICA	KAROLINE LAMEIRA (JUMP)
09:30 AS 10:30	GINASTICA	RITMOS (RAMON BARATA)
10:00 AS 11:00	FUNCIONAL	FITCROSS (KAROLINI)
12:00 as 13	FUNCIONAL	FUNCIONAL (KAROLINI)
11:00 AS 12:00	BIKE	BIKE (ANDY)
17:30 AS 18:30	BIKE	THIAGO CANTANHEDE (BIKE)
18:00 AS 19:00	GINASTICA	DAVI SRUR (FIT DANCE)
18:30 AS 19:30	FUNCIONAL	THIAGO CANTANHEDE (FUNCIONAL)
19:00 AS 20:00	GINASTICA	LUAN (D. SALÃO)
19:30 AS 20:00	FUNCIONAL	DAVI SRUR (GAP)
20:00 AS 21:00	GINASTICA	DAVI SRUR (FITDANCE)

SEXTA FEIRA		
HORÁRIO	AMBIENTE	AULAS
08:00 as 09:00	GINASTICA	MARCOS PADILHA (FITDANCE)
09:00 as 10:00	GINASTICA	EVILLY GOMES (PILATES)
09:00 AS 10:00	GINASTICA	MARCOS PADILHA (GAP)
10:15 AS 11:15	FUNCIONAL	JOSÉ IVANILDO (MUAY THAY)
16:00 AS 17:00	GINASTICA	JESSICA SOUZA (MAT PILATES)
17:00 AS 18:00	BIKE	ANDY (BIKE)
18:00 AS 19:00	GINASTICA	ANDY (JUMP)
18:30 AS 19:00	FUNCIONAL	DAVI SRUR (FIT CROSS)
19:00 AS 20:00	BIKE	DAVI SRUR (BIKE)
19:00 AS 20:00	FUNCIONAL	JOSE IVANILDO (MUAYTHAI)
19:00 AS 20:00	GINASTICA	EVELYN (MAT PILATES)
20:00 AS 21:00	GINASTICA	DAVI SRUR (FIT DANCE)