

# MAPA DE AULAS - JANEIRO 2024

2ª FEIRA				3ª FEIRA				4ª FEIRA				5ª FEIRA				6ª FEIRA				SÁBADO				DOMINGO						
H	MODALIDADE	T	E	H	MODALIDADE	T	E	H	MODALIDADE	T	E	H	MODALIDADE	T	E	H	MODALIDADE	T	E	H	MODALIDADE	T	E	H	MODALIDADE	T	E			
08:00	<b>N</b> LESMILLS BODYPUMP	45'	1	08:00	<b>N</b> EVOCross	45'	F	08:00	EVOC XPRESS	15'	F	08:00	<b>N</b> EVOC XPRESS	15'	F	08:00	<b>N</b> SPIN BIKE	45'	2											
09:00	PILATES	45'	1	09:00	LESMILLS BODYBALANCE	45'	1	08:00	YOGA	45'	1	09:00	PILATES	45'	1	09:00	LESMILLS BODYBALANCE	45'	1											
09:30	EVOC XPRESS	15'	F	10:10	LESMILLS CORE	30'	1	09:30	LESMILLS BODYPUMP	45'	1	10:00	STRETCHING	60'	1	10:00	GAP	30'	1	09:30	LESMILLS BODYPUMP	45'	1	10:00	YOGA	60'	1			
10:00	STRETCHING	60'	1	10:30	EVOC XPRESS	15'	F	10:30	CARDIOFIT	45'	1	10:10	SPIN BIKE	45'	2	10:40	LESMILLS BODYPUMP	30'	1	10:30	POWER JUMP	30'	1							
10:00	SPIN BIKE	30'	2	11:15	HIIT	15'	F	10:30	EVOC XPRESS	15'	F	10:30	EVOC XPRESS	15'	F	10:30	EVOC XPRESS	15'	F	11:30	EVOC XPRESS	15'	F	12:00	EVOC XPRESS	15'	F			
10:30	EVOC XPRESS	15'	F					10:30	HIDRO ginástica	45'	P	12:00	EVOC XPRESS	15'	F	11:15	TRX	15'	F	11:30	45' P									
10:30	HIDRO ginástica	45'	P	13:15	TRX	15'	F	12:00	EVOC XPRESS	15'	F	13:15	HIIT	15'	F	12:00	EVOC XPRESS	15'	F	16:00	EVOC XPRESS	15'	F							
12:00	EVOC XPRESS	15'	F																											
18:00	NATAÇÃO KIDS 4-10	40'	P	18:15	<b>N</b> GAP	30'	F	18:20	<b>N</b> LESMILLS BODYPUMP	30'	1	18:00	NATAÇÃO KIDS 4-10	40'	P															
18:20	LESMILLS BODYPUMP	30'	1	18:30	PILATES	45'	1	19:00	GAP	30'	1	18:50	CORE	30'	1															
19:00	LESMILLS CORE	30'	1	19:00	<b>N</b> EVOCross	30'	F	19:15	EVOC XPRESS	15'	F	19:00	SPIN BIKE	45'	2	18:45	step local	40'	1	19:15	EVOC XPRESS	15'	F							
19:15	EVOC XPRESS	15'	F	18:45	SPIN BIKE	45'	2	19:15	SPIN BIKE	45'	2	19:15	EVOC XPRESS	15'	F	19:15	EVOC XPRESS	15'	F											
19:30	SPIN BIKE	45'	2	19:15	EVOC XPRESS	15'	F	19:30	EVOCross	30'	F	19:30	LESMILLS BODYPUMP	45'	1	19:30	LESMILLS BODYBALANCE	45'	1											
19:40	LESMILLS BODYATTACK	45'	1	19:30	LESMILLS BODYPUMP	55'	1	19:40	POWER JUMP	45'	1	20:15	HIIT	15'	F															

**HORÁRIO DE FUNCIONAMENTO**

SEGUNDA A SEXTA            07h00 - 22h00

SÁBADOS                        09h00 - 17h00

DOMINGOS/FERIADOS        09h00 - 13h00

**●** HORA NOVA

**N** AULA NOVA