

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
								07:45	EVOC XPRESS	15'	SE																
08:30	EVOC XPRESS	15'	SE	08:15	EVOC XPRESS	15'	SE					08:15	EVOC XPRESS	15'	SE	08:30	EVOC XPRESS	15'	SE								
09:30	LES MILLS BODYBALANCE	45'	1	09:00	PILATES	45'	2	09:30	LES MILLS BODYBALANCE	45'	1	09:00	LES MILLS BODYBALANCE	45'	2	09:30	PILATES	45'	2								
10:00	3B	30'	2	10:00	LES MILLS BODYPUMP	30'	1					10:00	LES MILLS BODYPUMP	30'	1	10:00	POWER JUMP	30'	1	10:10	3B	30'	1				
10:30	HIDRO ginástica	45'	P					10:30	HIDRO ginástica	45'	P					10:30	HIDRO ginástica	45'	P	10:15	POWER JUMP	30'	2				
10:30	EVOC XPRESS	15'	SE	10:30	EVOC XPRESS	15'	SE	10:30	EVOC XPRESS	15'	SE	10:30	EVOC XPRESS	15'	SE	10:30	EVOC XPRESS	15'	SE					10:30	LES MILLS BODYBALANCE	45'	2
11:15	LES MILLS BODYCOMBAT	30'	1	11:15	LES MILLS CXWORX	30'	1	11:15	LES MILLS BODYATTACK	30'	1	11:15	SPIN BIKE	30'	3	11:15	LES MILLS BODYPUMP	30'	1	11:00	LES MILLS BODYPUMP	60'	1	11:15	SPIN BIKE	45'	3
12:00								12:00	3B	30'	1					12:00	3B	30'	1	11:00	LES MILLS BODYCOMBAT	45'	2	12:15	EVOC XPRESS	15'	SE
13:15	LES MILLS BODYPUMP	30'	1	13:15	SPIN BIKE	30'	3	13:15	EVOC XPRESS	15'	SE	13:15	LES MILLS CXWORX	30'	1	12:45	SPIN BIKE	30'	SE	12:30	EVOC XPRESS	15'	SE				
17:30	3B	30'	2																	16:00	EVOC XPRESS	15'	SE				
17:40				18:00	EVOC XPRESS	15'	SE																				
18:15	LES MILLS BODYPUMP	30'	1	18:15	POWER JUMP	30'	1	18:15	LES MILLS BODYPUMP	45'	1																
				18:30	LES MILLS BODYCOMBAT	30'	2	18:30	PILATES	45'	2	18:30	LES MILLS CXWORX	30'	1	18:30	3B	30'	2								
18:45																											
19:00	LES MILLS BODYATTACK	45'	1	18:50	LES MILLS CXWORX	30'	1					19:00	EVOC XPRESS	15'	SE	19:00	LES MILLS BODYATTACK	30'	1								
19:00	EVOC XPRESS	15'	SE	19:00	EVOC XPRESS	15'	SE	19:00	EVOC XPRESS	15'	SE	19:10	LES MILLS BODYPUMP	45'	1	19:00	EVOC XPRESS	15'	SE								
19:15	PILATES	45'	2	19:15	SPIN BIKE	45'	3	19:15	LES MILLS BODYATTACK	45'	1	19:15	SPIN BIKE	45'	3	19:15	SPIN BIKE	30'	3								
19:30				19:30	LES MILLS BODYBALANCE	45'	2	19:20	3B	30'	2	19:30	PILATES	45'	2	19:30	LES MILLS CXWORX	30'	1								
19:50	LES MILLS CXWORX	30'	1	19:30	LES MILLS BODYPUMP	60'	1	19:30	SPIN BIKE	45'	3	19:30	EVOC XPRESS	15'	SE	19:30	LES MILLS BODYBALANCE	60'	2								
20:00	SPIN BIKE	45'	3	20:00	EVOC XPRESS	15'	SE	20:00	EVOC XPRESS	15'	SE	20:05	LES MILLS BODYCOMBAT	30'	1												
20:25	POWER JUMP	30'	2					20:05	POWER JUMP	45'	2																

- HORA NOVA
- AULA NOVA
- CURSO SEMI-PRIVADO

## HORÁRIO DE FUNCIONAMENTO

SEGUNDA A SEXTA 7h00 - 22h00  
 SÁBADOS 10h00 - 17h00  
 DOMINGOS/FERIADOS 10h00 - 13h00