

# MAPA DE AULAS - DEZEMBRO 2019

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					07:45	EVOC XPRESS	15'	SE					07:45	EVOC XPRESS	15'	SE									
				08:15	EVOC XPRESS	15'	SE					08:15	EVOC XPRESS	15'	SE													
09:30	LES MILLS BODYBALANCE	45'	1	09:00	PILATES	45'	1	09:30	LES MILLS BODYBALANCE	60'	1	09:00	PILATES cli	45'	1	09:15	PILATES	45'	1									
				10:00	LES MILLS BODYPUMP	30'	1					10:00	LES MILLS BODYPUMP	30'	1					10:10	3B	30'	F					
10:30	HIDRO ginástica	45'	P					10:30	HIDRO ginástica	45'	P					10:30	HIDRO ginástica	45'	P	10:10	POWER JUMP	30'	1					
10:30	EVOC XPRESS	15'	SE	10:40	EVOC XPRESS	15'	SE	10:30	EVOC XPRESS	15'	SE	10:40	EVOC XPRESS	15'	SE	10:30	EVOC XPRESS	15'	SE					10:30	LES MILLS BODYBALANCE	45'	1	
11:15	LES MILLS BODYCOMBAT	30'	1	11:15	LES MILLS CXWORX	30'	F	11:15	LES MILLS BODYATTACK	30'	1	11:15	SPIN BIKE	30'	3	11:15	LES MILLS BODYPUMP	30'	1	10:50	LES MILLS BODYPUMP	60'	1	11:20	SPIN BIKE	45'	3	
								12:00	3B	30'	1					12:00	3B	30'	1	12:00	LES MILLS BODYCOMBAT	30'	1	12:10	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	EVOC XPRESS	15'	SE					12:30	EVOC XPRESS	15'	SE					
17:30	3B	30'	1																	16:00	EVOC XPRESS	15'	SE					
17:40																												
18:00	LES MILLS BODYPUMP	30'	1	18:10	POWER JUMP	30'	1	18:00	LES MILLS BODYPUMP	45'	1	18:00	LES MILLS BODYBALANCE	45'	1													
18:40	PILATES cli	45'	1													18:30	3B	30'	1									
18:45	LES MILLS CXWORX	30'	F	18:45	LES MILLS BODYBALANCE	45'	1	18:50	PILATES	45'	1	18:50	LES MILLS BODYCOMBAT	30'	1	19:00	LES MILLS BODYATTACK	30'	1									
				18:50	LES MILLS CXWORX	30'	F	19:00	3B	30'	F	19:00	EVOC XPRESS	15'	F	19:00	EVOC XPRESS	15'	SE									
19:30	LES MILLS BODYATTACK	45'	1	19:15	SPIN BIKE	45'	3	19:35	LES MILLS BODYATTACK	30'	1	19:15	SPIN BIKE	45'	3	19:15	SPIN BIKE	30'	3									
19:30	EVOC XPRESS	15'	F	19:35	LES MILLS BODYPUMP	45'	1	19:35	SPIN BIKE	45'	3	19:30	LES MILLS BODYPUMP	45'	1	19:35	LES MILLS BODYBALANCE	60'	1									
								19:45	EVOC XPRESS	15'	F	20:00	EVOC XPRESS	15'	SE													
20:00	SPIN BIKE	45'	3	20:00	EVOC XPRESS	15'	F	20:10	POWER JUMP	45'	1																	

 HORA NOVA  
 AULA NOVA  
 CURSO SEMI-PRIVADO

## HORÁRIO DE FUNCIONAMENTO

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