

Mapa de Aulas

Segunda-Feira	Terça-Feira	Quarta-Feira	Quinta-Feira	Sexta-Feira	Sábado	Domingo
07:15 45` FUNCIONAL	07:15 45` CYCLING	07:15 45` FUNCIONAL	07:15 45` CYCLING	07:15 45` PILATES	09:30 45` PILATES	10:10 45` PILATES
08:10 15` ABS	08:10 15` ABS	08:10 15` ABS	08:10 15` ABS	08:10 15` ABS	09:40 15` ABS	11:00 15` ABS
09:00 45` PILATES	09:30 45` HIDRO	09:00 45` PILATES	09:30 45` HIDRO	09:40 15` ABS	10:30 45` CYCLING	
09:40 15` ABS	09:40 15` ABS	09:40 15` ABS	09:40 15` ABS	10:10 45` HIDRO	NOVA 11:30 45` LOCALIZADA	
10:10 45` HIDRO	11:00 45` PILATES	10:10 45` HIDRO	11:00 45` PILATES	12:30 15` ABS		
12:30 15` ABS	12:30 15` ABS	12:30 15` ABS	12:30 15` ABS	12:40 45` HIDRO		
12:40 45` HIDRO	12:45 45` PILATES	12:45 45` AQUABIKE	12:45 45` LOCALIZADA	12:50 45` FUNCIONAL		
12:45 45` LOCALIZADA	12:50 45` CYCLING	12:45 55` YOGA	15:30 45` HIDRO	18:10 15` ABS		
15:30 45` PILATES	15:30 45` HIDRO	18:10 15` ABS	18:10 15` ABS	18:30 45` HIDRO		
18:10 15` ABS	18:10 15` ABS	18:30 45` GAP	18:30 45` AQUABIKE	19:20 45` GAP		
18:30 45` HIDRO	18:30 55` YOGA	NOVA 18:35 55` DEROSE METHOD	18:35 60` CROSS TRAINING	19:30 45` PILATES		
18:35 45` LOCALIZADA	18:30 45` AQUABIKE	19:00 30` HIIT	18:35 45` LOCALIZADA	19:30 15` ABS		
18:35 55` DEROSE METHOD	18:35 60` CROSS TRAINING	19:30 15` ABS	19:20 45` HIDRO			
19:30 15` ABS	19:20 45` HIDRO	19:30 45` PILATES	19:30 15` ABS			
19:30 45` PILATES	19:30 15` ABS	19:40 45` CYCLING	19:30 45` COMBAT			
19:35 45` ZUMBA	19:30 45` JUMP		19:35 55` YOGA			
19:40 45` CYCLING	20:10 45` AQUAPILATES					