

	Segunda-Feira	Terça-Feira	Quarta-Feira	Quinta-Feira	Sexta-Feira	Sábado	Domingo
08:00		Cycle 45'	Circuito 15'	Cycle 45'			
09:00	ABS 15'	Alongamentos 15'	ABS 15'	Alongamentos 15'	ABS 15'		
09:00					Pilates 45'		
09:15			Pilates 45'				
09:30	Pilates 45'						
10:00			Pump 45'	Glúteos 15'	Circuito 15'	ABS 15'	ABS 15'
10:30						Cycle 45'	Cycle 45'
11:15						3BB 45'	Pump 45'
11:30						Pilates 45'	
12:00							Glúteos 15'
13:20		Pilates 45'		Pilates 45'			
17:00							
18:00	Jump 30'		ABS 15'				
18:15		Combat 45'		Combat 45'			
18:30	GAP 30'		GAP 30'	Zumba 45'	Jump 30'		
18:45				Pilates 45'			
19:00	Cross 60'	Pilates 45'		Cross 60'	Pump 45'		
19:00	Zumba 45'	Cycle 45'					
19:15			Cycle 45'	Cycle 45'			
19:15	Yoga 45'		Yoga 45'		Yoga 45'		
19:45	Cycle 45'	Pump 45'			Cycle 45'		
20:00				Combat 45'			
20:30		Jump 30'					
20:45							
21:30			D Salão 45'				

# Mapa de Aulas - Lutas



	Segunda-Feira	Terça-Feira	Quarta-Feira	Quinta-Feira	Sexta-Feira	Sábado	Domingo
08:00							
08:30							
09:00							
09:30						Jiu Jitsu Est5 120'	
10:00							
10:20							
11:00						Kickbox Est5 90'	Zumba Est4 60'
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
15:00						Judo Est5 180'	
16:00							
16:00							
17:00							
17:30							
18:00	Karaté Est5 120'		Karaté Est5 120'		Karaté Est5 120'		
18:30	Judo Est5 180'		Judo Est5 180'		Judo Est5 180'		
19:00		Kickbox Est5 90'					
19:00							
19:15							
19:30						Zumba Est4 60'	
20:00	Art Do Kwan HapkiO Est2 120'					Art Do Kwan HapkiO Est2 120'	
20:00	Muay Thai Est4 90'		Muay Thai Est4 90'		Muay Thai Est4 90'		
20:30		Muay Thai Est2 90'		Muay Thai Est4 90'			
20:30		Zumba Est4 60'		Kickbox Est5 90'			
21:00	Jiu Jitsu Est5 90'		Jiu Jitsu Est5 90'		Jiu Jitsu Est5 90'		