

GRADE DE AULAS

Unidade: Alphaville

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
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
ACADEMIA
24
HEALTH CLUB


HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:00		ALONGAMENTO 30' PROF: TÂNIA STUDIO 1		ALONGAMENTO 30' PROF: TÂNIA STUDIO 1	FUNCIONAL 45' PROF: TÂNIA ASSIS EST. FUNCIONAL
07:30	YOGA 90' PROF: MARA STUDIO 3	GAP 30' PROF: TÂNIA STUDIO 1	YOGA 90' PROF: MARA STUDIO 3	GAP 30' PROF: TÂNIA STUDIO 1	
08:00		BOXE 60' PROF: CARLÃO STUDIO 2		BOXE 60' PROF: CARLÃO STUDIO 2	PILATES 60' PROF: TÂNIA
		BIKE CLASS 45' PROF: TÂNIA STUDIO BIKE		BIKE CLASS 45' PROF: TÂNIA STUDIO BIKE	
08:30	ABD/ CORE 30' PROF: EDY STUDIO 1		ABD/ CORE 30' PROF: EDY STUDIO 1		
09:00	ZUMBA 60' PROF: EDY STUDIO 1	RITMOS 60' PROF: WENDEL MORAIS STUDIO 1	ZUMBA 60' PROF: EDY STUDIO 1	RITMOS 60' PROF: WENDEL MORAIS STUDIO 1	ZUMBA 60' PROF: EDY LIMA STUDIO 1
	MUAY THAI 60' PROF: JONATAN PIRES STUDIO 2	PILATES 60' PROF: TÂNIA STUDIO 3	MUAY THAI 60' PROF: JONATAN PIRES STUDIO 2	PILATES 60' PROF: TÂNIA STUDIO 3	MUAY THAI 60' PROF: JONATAN PIRES STUDIO 2
17:00		MUAY THAI 60' PROF: JONATAN STUDIO 2		MUAY THAI 60' PROF: JONATAN STUDIO 2	
17:30	BIKE CLASS 30' PROF: WENDELL STUDIO BIKE		BIKE CLASS 30' PROF: WENDELL STUDIO BIKE		
18:00	FITDANCE 60' PROF: WENDELL STUDIO 1		FITDANCE 60' PROF: WENDELL STUDIO 1		MUAY THAI 60' PROF: RAFAEL STUDIO 2
18:30		FULL BODY 45' PROF: ROSANE		FULL BODY 45' PROF: ROSANE	
19:00	YOGA 90' PROF: MARA STUDIO 3		YOGA 90' PROF: MARA STUDIO 3		
	MUAY THAI 60' PROF: RAFAEL STUDIO 2		MUAY THAI 60' PROF: RAFAEL STUDIO 2		
19:20		BIKE CLASS 45' PROF: ROSANE		BIKE CLASS 45' PROF: ROSANE	
20:00	BOXE 60' PROF: CARLÃO STUDIO 2		BOXE 60' PROF: CARLÃO STUDIO 2		
20:10		PILATES 30' PROF: ROSANE		PILATES 30' PROF: ROSANE	
21:00		JIU JITSU 75' PROF: CÍCERO ROCHA STUDIO 2		JIU JITSU 75' PROF: CÍCERO ROCHA STUDIO 2	

CLASSIFICAÇÃO DAS AULAS

 **CARDIOVASCULAR**
QUEIMA CALÓRICA / TÔNUS MUSCULAR

 **LUTAS**
ARTES MARCIAIS / CONDICIONAMENTO FÍSICO

 **BODY MIND**
FLEXIBILIDADE / POSTURAL / MENTE

 **LOCALIZADA**
FORTELECIMENTO E DEFINIÇÃO MUSCULAR

 **DANÇA**