

GRADE DE AULAS

Unidade: Cambuí

(11) 94532-4806

@academia24healthclub


academia24hclub.com


academia24hhealthclub


ACADEMIA
24
HEALTH CLUB

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:00		BIKE CLASS 45' PROF: CLÁUDIO	YOGA 60' PROF: CAROL	BIKE CLASS 45' PROF: CLÁUDIO	YOGA 60' PROF: CAROL	
07:30	FUNCIONAL 45' PROF: GRACIELE					
07:45		STEP 45' PROF: CLÁUDIO		STEP 45' PROF: CLÁUDIO		
08:30	POWER LOCAL 45' PROF: LÍLIAN	RITMOS 45' PROF: CLÁUDIO	POWER LOCAL 45' PROF: LÍLIAN	RITMOS 45' PROF: CLÁUDIO	POWER LOCAL 45' PROF: LÍLIAN	
09:00						ESCALA 60' ROTATIVO
09:15	FLEX MOBILITY 45' PROF: LÍLIAN	YOGA 60' PROF: CAROL	PILATES 60' PROF: BRUNA	YOGA 60' PROF: CAROL	PILATES 60' PROF: BRUNA	
18:30	FAST BURN 30' PROF: GRACIELE	BIKE CLASS 45' PROF: SILVIO	FAST BURN 30' PROF: GRACIELE	BIKE CLASS 45' PROF: SILVIO	BIKE CLASS 45' PROF: SILVIO	
19:00	GAP 30' PROF: GRACIELE		ABDÔMEN 30' PROF: GRACIELE			
19:15		POWER BODY 45' PROF: LÍLIAN		POWER BODY 45' PROF: LÍLIAN		
19:30	FUNCIONAL 30' PROF: GRACIELE		FUNCIONAL 30' PROF: GRACIELE			
20:15		YOGA 60' PROF: CAROL		YOGA 60' PROF: CAROL		

CLASSIFICAÇÃO DAS AULAS

 **CARDIOVASCULAR**
QUEIMA CALÓRICA / TÔNUS MUSCULAR

 **LUTAS**
ARTES MARCIAIS / CONDICIONAMENTO FÍSICO

 **BODY MIND**
FLEXIBILIDADE / POSTURAL / MENTE

 **LOCALIZADA**
FORTELECIMENTO E DEFINIÇÃO MUSCULAR

 **DANÇA**