

GRADE DE AULAS

Unidade: Lagoa

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ACADEMIA
24
HEALTH CLUB


HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:30	BIKE 30' PROF: VITOR		BIKE 30' PROF: VITOR			
07:00	LOW PRESSURE FITNESS PROF: VITOR	PILATES 45' PROF: JULIANA	ABD 30' PROF: VITOR	PILATES 45' PROF: JULIANA	ABD 30' PROF: FERNANDA	
07:30	ALONG 30' PROF: BEATRIZ	BIKE 45' PROF: LUIZ	ALONG 30' PROF: BEATRIZ	BIKE 45' PROF: LUIZ	PILATES 45' PROF: FERNANDA	
08:00	POWER GYM PROF: VINICIUS		POWER GYM PROF: VINICIUS			
08:15		ALONG 30' PROF: LUIZ		ALONG 30' PROF: LUIZ		
08:30	ZUMBA30' PROF: VINICIUS	FUNCIONAL FIGHT 45' PROF: MAURO	ZUMBA 30' PROF: VINICIUS	FUNCIONAL FIGHT 45' PROF: MAURO	BIKE 45' PROF: VITOR	
09:00	YOGA 45' PROF: CAROL		YOGA 45' PROF: CAROL		YOGA 45' PROF: CAROL	
09:30						BIKE 60' ROTATIVO
10:30	BIKE 45' PROF: LUIZ		LOW PRESSURE FITNESS PROF: VITOR	BIKE 45' PROF: LUIZ		AULA ROTATIVA
11:00			BIKE 45' PROF: VITOR			
16:30		FUNCIONAL 30' PROF: ANA PAULA		FUNCIONAL 30' PROF: ANA PAULA		
17:00		PILATES 30' PROF: ANA PAULA		PILATES 30' PROF: ANA PAULA		
17:30	FUNCIONAL PROF: MAURO	ABD 30' PROF: RODOLFO		ABD 30' PROF: RODOLFO		
18:00		POSTURAL 60' PROF: RODOLFO		POSTURAL 30' PROF: RODOLFO	POWER GYM PROF: MAURO	
18:15			LOW PRESSURE FITNESS PROF: VITOR			
18:30	BIKE 45' PROF: VITOR	ZUMBA 45' PROF: RODOLFO		ZUMBA 45' PROF: RODOLFO		
	YOGA 45' PROF: CAROL					
18:45			BIKE 45' PROF: VITOR			
			YOGA 45' PROF: CAROL			
19:15	POWER GYM PROF: VITOR	JUMP 45' PROF: RODOLFO		STEP 45' PROF: RODOLFO		
19:30			POWER GYM PROF: MAURO			
20:00	ALONG 30' PROF: VITOR	FUNCIONAL FIGHT 60' PROF: MAURO		FUNCIONAL FIGHT 60' PROF: MAURO		


CLASSIFICAÇÃO DAS AULAS

 **CARDIOVASCULAR**
QUEIMA CALÓRICA / TÔNUS MUSCULAR

 **BODY MIND**
FLEXIBILIDADE / POSTURAL / MENTE

 **DANÇA**

 **LUTAS**
ARTES MARCIAIS / CONDICIONAMENTO FÍSICO

 **LOCALIZADA**
FORTELECIMENTO E DEFINIÇÃO MUSCULAR