

GRADE DE AULAS

UNIDADE: TATUAPÉ

(11) 94532-4806

@academia24healthclub

academia24hclub.com

academia24healthclub

ACADEMIA
24
HEALTH CLUB

| HORÁRIO | SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA | SÁBADO |
|---------|---|---|---|---|---|--|
| 06:30 | | FAST BIKE 30' PROF. ROBERTA STUDIO BIKE | | FAST BIKE 30' PROF. ROBERTA STUDIO BIKE | | |
| 07:00 | BIKE CLASS 60' PROF. CAROL STUDIO BIKE | LOCALIZADA 45' PROF. ROBERTA STUDIO 1 | BIKE CLASS 60' PROF. CAROL STUDIO BIKE | LOCALIZADA 45' PROF. ROBERTA STUDIO 1 | BIKE CLASS 60' PROF. CAROL STUDIO BIKE | |
| 07:30 | YOGA 60' PROF. GRACE STUDIO 1 | | YOGA 60' PROF. GRACE STUDIO 1 | | | |
| 07:45 | | EXTREME BIKE 45' PROF. ROBERTA STUDIO BIKE | | EXTREME BIKE 45' PROF. ROBERTA STUDIO BIKE | | |
| 08:00 | GAP 30' PROF. CAROL STUDIO 2 | | GLÚTEO 30' PROF. CAROL STUDIO 2 | | HIIT 30' PROF. CAROL STUDIO 2 | |
| 08:15 | | MUAY THAI 60' PROF. VITOR STUDIO 2 | | MUAY THAI 60' PROF. VITOR STUDIO 2 | | |
| 08:30 | PILATES 30' PROF. CAROL STUDIO 2 | ALONG 30' PROF. ROBERTA STUDIO 1 | PILATES 30' PROF. CAROL STUDIO 1 | ALONG 30' PROF. ROBERTA STUDIO 1 | JUMP 30' PROF. CAROL STUDIO 1 | |
| 08:45 | | | | | | 10H AULA LIVRE 45' STUDIO 1 |
| 09:00 | | BIKE CLASS 45' PROF. ROBERTA STUDIO BIKE | | BIKE CLASS 45' PROF. ROBERTA STUDIO BIKE | | 10H45 BIKE CLASS 45' STUDIO BIKE |
| 09:30 | | FIT DANCE 60' PROF. MARIANA STUDIO 1 | | FIT DANCE 60' PROF. MARIANA STUDIO 1 | | |
| 15:30 | ALONG 30' PROF. ROBERTA STUDIO 1 | | | | ALONG 30' PROF. ROBERTA STUDIO 1 | |
| 16:00 | BIKE CLASS 60' PROF. ROBERTA STUDIO BIKE | MUAY THAI 60' PROF. VITOR STUDIO 2 | RUNNING FUNCIONAL 60' PROF. RENATO CARDIO / STUDIO 1 | MUAY THAI 60' PROF. VITOR STUDIO 2 | BIKE CLASS 60' PROF. ROBERTA STUDIO BIKE | |
| 17:00 | FUNCIONAL 45' PROF. ROBERTA STUDIO 1 | | | | STEP 45' PROF. ROBERTA STUDIO 1 | |
| 18:00 | FIT DANCE 60' PROF. MARIANA STUDIO 1 | CIRCUITO CÁRDIO 30' PROF. ROBERTA STUDIO 2 | FIT DANCE 60' PROF. MARIANA STUDIO 1 | CIRCUITO CÁRDIO 30' PROF. ROBERTA STUDIO 2 | | |
| 18:30 | | ALONG 30' PROF. ROBERTA STUDIO 1 | | ALONG 30' PROF. ROBERTA STUDIO 1 | | |
| | BIKE CLASS 45' PROF. CAROL STUDIO BIKE | MUAY THAI 60' PROF. VITOR STUDIO 2 | BIKE CLASS 45' PROF. CAROL STUDIO BIKE | MUAY THAI 60' PROF. VITOR STUDIO 2 | | |
| 19:00 | | LOCALIZADA 45' PROF. ROBERTA STUDIO 1 | | LOCALIZADA 45' PROF. ROBERTA STUDIO 1 | | |
| 19:15 | PILATES 45' PROF. CAROL STUDIO 1 | | PILATES 45' PROF. CAROL STUDIO 1 | | | |
| 19:45 | | AERO JAZZ 30' PROF. ROBERTA STUDIO 1 | | AERO JAZZ 30' PROF. ROBERTA STUDIO 1 | | |
| 20:00 | FULL BODY 45' PROF. CAROL STUDIO 1 | | FUNCIONAL 45' PROF. CAROL STUDIO 1 | | | |
| 20:15 | | EXTREME BIKE 45' PROF. ROBERTA STUDIO BIKE | | EXTREME BIKE 45' PROF. ROBERTA STUDIO BIKE | | |

CLASSIFICAÇÃO DAS AULAS

| | |
|--|---|
| ■ | CARDIOVASCULAR QUEIMA CALÓRICA / TÔNUS MUSCULAR |
| ■ | LUTAS ARTES MARCIAIS / CONDICIONAMENTO FÍSICO |

| | |
|--|--|
| ■ | BODY MIND FLEXIBILIDADE / POSTURAL / MENTE |
| ■ | LOCALIZADA FORTALECIMENTO E DEFINIÇÃO MUSCULAR |