

GRADE DE AULAS

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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	FUNCIONAL 30' PROF. CAROL STUDIO 1	ALONG 30' PROF. ROBERTA STUDIO 1	PILATES 30' PROF. CAROL STUDIO 2	
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