



HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:00		ALONGAMENTO 30' PROF: TÂNIA STUDIO 1		ALONGAMENTO 30' PROF: TÂNIA STUDIO 1	PILATES 60' PROF: TÂNIA STUDIO 3
	BIKE CLASS 45' PROF: EDDY STUDIO BIKE		BIKE CLASS 45' PROF: EDDY STUDIO BIKE		RITBOX 45' PROF: EDDY STUDIO 1
			MUAY THAI 90' PROF: JONATAN STUDIO 2		MUAY THAI 90' PROF: JONATAN STUDIO 2
07:30	YOGA 90' PROF: MARA STUDIO 3	YOGA 90' PROF: MARA STUDIO 3	YOGA 90' PROF: MARA STUDIO 3	YOGA 90' PROF: MARA STUDIO 3	
		FULLBODY 30' PROF: TÂNIA STUDIO 1		FULLBODY 30' PROF: TÂNIA STUDIO 1	
08:00	JUMP 30' PROF: EDDY STUDIO 1	BOXE 60' PROF: CARLÃO STUDIO 2	JUMP 30' PROF: EDDY STUDIO 1	BOXE 60' PROF: CARLÃO STUDIO 2	HIIT BURN 60' PROF: TÂNIA EST. FUNCIONAL
		BIKE CLASS 45' PROF: TÂNIA STUDIO BIKE		BIKE CLASS 45' PROF: TÂNIA STUDIO BIKE	JUMP 30' PROF: EDDY STUDIO 1
08:30	ABD/ CORE 30' PROF: EDDY STUDIO 1		ABD/ CORE 30' PROF: EDDY STUDIO 1		ABD/ CORE 30' PROF: EDDY STUDIO 1
09:00	ZUMBA 60' PROF: EDDY STUDIO 1	RITMOS 60' PROF: WENDELL MORAIS STUDIO 1	ZUMBA 60' PROF: EDDY STUDIO 1	RITMOS 60' PROF: WENDELL 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
10:00		PILATES FLOW 45' PROF: TÂNIA STUDIO 3		PILATES FLOW 45' PROF: TÂNIA STUDIO 3	
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		
		HIIT BURN 30' PROF: EDDY		HIIT BURN 30' PROF: EDDY	
18:30		FULL BODY 45' PROF: ROSANE STUDIO 1		FULL BODY 45' PROF: ROSANE STUDIO 1	MUAY THAI 60' PROF: RAFAEL STUDIO 2
		ABD/ CORE 30' PROF: EDY STUDIO 1		ABD/ CORE 30' PROF: EDY STUDIO 1	
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 STUDIO BIKE		BIKE CLASS 45' PROF: ROSANE STUDIO BIKE	
		ZUMBA 60' PROF: EDDY STUDIO 1		ZUMBA 60' PROF: EDDY STUDIO 1	
20:00	BOXE 60' PROF: CARLÃO STUDIO 2		BOXE 60' PROF: CARLÃO STUDIO 2		
20:10		PILATES 30' PROF: ROSANE STUDIO 3		PILATES 30' PROF: ROSANE STUDIO 3	
		JUMP 30' PROF: EDDY STUDIO 1		JUMP 30' PROF: EDDY STUDIO 1	
21:00		JIU JITSU 75' PROF: CÍCERO ROCHA STUDIO 2		JIU JITSU 75' PROF: CÍCERO ROCHA STUDIO 2	

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