



HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:00	FUNCIONAL 45' PROF: GRACIELE	BIKE CLASS 45' PROF: CLÁUDIO	YOGA 60' PROF: CAROL	BIKE CLASS 45' PROF: CLÁUDIO	YOGA 60' PROF: CAROL	
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	
09:15	FLEX MOBILITY 45' PROF: LÍLIAN	YOGA 60' PROF: CAROL	PILATES 60' PROF: BRUNA	YOGA 60' PROF: CAROL	PILATES 60' PROF: BRUNA	ESCALA 60' ROTATIVO
18:00		BIKE CLASS 45' PROF: VITOR		BIKE CLASS 45' PROF: VITOR		
18:30	FAST BURN 30' PROF: GRACIELE		FAST BURN 30' PROF: GRACIELE			
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		

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DANÇA



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FLEXIBILIDADE / POSTURAL
/ MENTE



LOCALIZADA
FORTALECIMENTO E
DEFINIÇÃO MUSCULAR

