



HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:00	<b>FAST BIKE 30'</b> PROF: VIVIANE STUDIO BIKE	<b>KICKBOXING/ THAI 60'</b> PROF: ALLAN STUDIO 3	<b>FAST BIKE 30'</b> PROF: VIVIANE STUDIO BIKE		<b>FAST BIKE 30'</b> PROF: VIVIANE STUDIO BIKE
07:30	<b>POWER/ CIRCUIT 30'</b> PROF: VIVIANE STUDIO 3		<b>POWER/CIRCUIT 30'</b> PROF: VIVIANE STUDIO 3		<b>POWER/CIRCUIT 30'</b> PROF: VIVIANE STUDIO 3
	<b>YOGA 60'</b> PROF: CECILIA STUDIO 2		<b>YOGA 60'</b> PROF: CECILIA STUDIO 2		
08:00	<b>ALONGAMENTO 30'</b> PROF: VIVIANE STUDIO 3		<b>ALONGAMENTO 30'</b> PROF: VIVIANE STUDIO 3		<b>ALONGAMENTO 30'</b> PROF: VIVIANE STUDIO 3
08:15		<b>FAST RUN 30'</b> PROF: MANOELA MUSCULAÇÃO		<b>FAST RUN 30'</b> PROF: MANOELA MUSCULAÇÃO	
08:30	<b>PILATES 30'</b> PROF: VIVIANE STUDIO 3		<b>PILATES 30'</b> PROF: VIVIANE STUDIO 3		<b>PILATES 30'</b> PROF: VIVIANE STUDIO 3
08:45		<b>GAP 45'</b> PROF: MANOELA STUDIO 3		<b>GAP 45'</b> PROF: MANOELA STUDIO 3	
09:30		<b>FAST BIKE 30'</b> PROF: MANOELA STUDIO BIKE		<b>FAST BIKE 30'</b> PROF: MANOELA STUDIO BIKE	
10:00		<b>ALONGAMENTO/ MOBILIDADE 30'</b> PROF: MANOELA STUDIO 3		<b>ALONGAMENTO/ MOBILIDADE 30'</b> PROF: MANOELA STUDIO 3	
17:30		<b>PILATES 45'</b> PROF: TATIANA STUDIO 3		<b>PILATES 45'</b> PROF: TATIANA STUDIO 3	
18:00	<b>BIKE 45'</b> PROF: MANOELA STUDIO BIKE		<b>BIKE 45'</b> PROF: MANOELA STUDIO BIKE		
	<b>POWER CIRCUIT 30'</b> PROF: RAFAEL STUDIO 3		<b>POWER CIRCUIT 30'</b> PROF: RAFAEL STUDIO 3		
18:15		<b>JUMP 30'</b> PROF: TATIANA STUDIO 3		<b>STEP INICIANTE 30'</b> PROF: TATIANA STUDIO 3	
18:30	<b>ALONGAMENTO 30'</b> PROF: RAFAEL STUDIO 3		<b>ALONGAMENTO 30'</b> PROF: RAFAEL STUDIO 3		
18:45	<b>GAP 30'</b> PROF: MANOELA STUDIO 2	<b>ALONGAMENTO/ MOBILIDADE 45'</b> PROF: TATIANA STUDIO 3	<b>GAP 30'</b> PROF: MANOELA STUDIO 2	<b>ALONGAMENTO/ MOBILIDADE 45'</b> PROF: TATIANA STUDIO 3	
19:00	<b>STEP 30'</b> PROF: RAFAEL STUDIO 3		<b>STEP 30'</b> PROF: RAFAEL STUDIO 3		
19:15	<b>FULLBODY 45'</b> PROF: MANOELA STUDIO 2		<b>FULLBODY 45'</b> PROF: MANOELA STUDIO 2		
19:30	<b>RITMOS 45'</b> PROF: RAFAEL STUDIO 3	<b>ZUMBA 45'</b> PROF: TATIANA STUDIO 3	<b>RITMOS 45'</b> PROF: RAFAEL STUDIO 3	<b>ZUMBA 45'</b> PROF: TATIANA STUDIO 3	
20:00	<b>PILATES 30'</b> PROF: MANOELA STUDIO 2	<b>YOGA 60'</b> PROF: VANESSA STUDIO 2	<b>PILATES 30'</b> PROF: MANOELA STUDIO 2	<b>YOGA 60'</b> PROF: VANESSA STUDIO 2	
20:15	<b>CORE 30'</b> PROF: RAFAEL STUDIO 3	<b>BIKE 45'</b> PROF: TATIANA STUDIO BIKE	<b>CORE 30'</b> PROF: RAFAEL STUDIO 3	<b>BIKE 45'</b> PROF: TATIANA STUDIO BIKE	
20:30		<b>KICKBOXING/ THAI 60'</b> PROF: ALLAN STUDIO 3		<b>KICKBOXING/ THAI 60'</b> PROF: ALLAN STUDIO 3	

# GRADE DE AULAS UNIDADE NORTE

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