

Outubro 2012

Segunda	Tempo	Terça	Tempo	Quarta	Tempo	Quinta	Tempo	Sexta	Tempo
Strength Circuit 11:00	60 ' 1 (IM)	Localizada 08:30	45 ' 1 (IM)	Yoga 09:00	60 ' 1 (AP)	StepLocal 08:30	45 ' 1 (IM)	Aerobic Circuit 11:00	60 ' 1 (MD)
PowerStep 12:30	45 ' 1 (RF)	CORE/ABS 09:15	30 ' 1 (IM)	Strength Circuit 11:00	60 ' 1 (IM)	Pilates 09:15	30 ' 1 (IM)	Pilates 12:30	45 ' 1 (RL)
GAP 13:15	30 ' 1 (RF)	Cycling 12:30	45 ' 1 (AT)	Powerstep 12:30	45 ' 1 (RF)	Aerodance 12:30	45 ' 1 (AT)	Stretching Global 13:15	30 ' 1 (RL)
		ABS 13:15	30 ' 1 (AT)	GAP 13:15	30 ' 1 (RF)	ABS 13:15	30 ' 1 (AT)		
		Powerstep 17:00	45 ' 1 (RF)	Jujutsu 18:00	90 ' 4 (PM)	Powerstep 17:00	45 ' 1 (RF)		
		ABS 17:45	15 ' 1 (RF)	Pilates 18:00	45 ' 3 (RL)	ABS 17:45	15 ' 1 (RF)		
Jujutsu 18:00	90 ' 4 (PM)	Karatéjutsu 18:00	90 ' 4 (PM)	Cycling 18:15	45 ' 1 (IM)	Karatéjutsu 18:00	90 ' 4 (PM)		
Cycling 18:15	45 ' 1 (IM)	Yoga 18:00	60 ' 1 (AP)	Stretching Global 18:45	30 ' 3 (RL)	Yoga 18:30	60 ' 1 (AP)		
ABS 19:00	15 ' 1 (IM)	PUMP 19:30	45 ' 3 (AO)	GAP 19:00	30 ' 1 (IM)	StepLocal 19:30	45 ' 3 (AO)	Friday Surprise 19:15	45 ' 1 (IM)
PUMP 19:15	45 ' 1 (IM)	STEP 20:15	30 ' 3 (AO)	ABS 19:30	15 ' 1 (IM)	GAP 20:15	30 ' 3 (AO)	Aikido 20:00	120 ' 4 (JR)
Fight Circuit 19:30	30 ' 3 (CP)			Fight Circuit 19:30	30 ' 3 (CP)				
Kickboxing 20:00	60 ' 1 (CP)			Kickboxing 20:00	60 ' 1 (CP)				
				Aikido 20:00	120 ' 4 (JR)				

1—Sala Oceânia

2—Sala Ásia

3—Sala África

4—Sala América

5—Exterior