

NOVEMBRO



SEGUNDA	TEMPO / sala	TERÇA	TEMPO / sala	QUARTA	TEMPO / sala	QUINTA	TEMPO / sala	SEXTA	TEMPO / sala
Strength Circuit 11:00	45´ 1	Localizada 08:30	45´ 1	Yoga 09:00	60´ 1	Localizada 08:30	45´ 1	Aerobic Circuit 11:00	45´ 1
PowerStep 12:30	45´ 1	Pilates 09:15	45´ 1	Strenght Circuit 11:00	45´ 1	Pilates 09:15	45´ 1	Pilates 12:30	45´ 1
GAP 13:15	30´ 1	Cycling 12:30	45´ 1	PowerStep 12:30	45´ 1	Aerodance 12:30	45´ 1	Stretching Global 13:15	30´ 1
		ABS 13:15	30´ 1	GAP 13:15	30´ 1	ABS 13:15	30´ 1		
		PowerStep 17:00	45´ 1	Jujutsu 18:00	90´ 2	PowerStep 17:00	45´ 1		
		ABS 17:45	15´ 1	Pilates 18:00	45´ 3	ABS 17:45	15´ 1		
Jujutsu 18:00	90´ 2	Karatéjutsu 18:00	90´ 2	Cycling 18:15	45´ 1	Karatéjutsu 18:00	90´ 2		
Cycling 18:15	45´ 3	Yoga 18:00	60´ 1	Stretching Global 18:45	30´ 3	Cycling 18:15	45´ 3		
ABS 19:00	15´ 1	Cycling 18:15	45´ 3	GAP 19:00	30´ 1	Yoga 18:30	60´ 1	PowerLocal 19:15	45´ 1
PUMP 19:15	45´ 1	PUMP 19:30	45´ 1	ABS 19:30	15´ 1	STEP 20:15	30´ 3	Aikido 20:00	120´ 2
Fight Circuit 19:30	30´ 3	STEP 20:15	30´ 1	Fight Circuit 19:30	30´ 3	PUMP 19:30	45´ 1		
Kickboxing 20:00	60´ 3			Kickboxing 20:00	60´ 3				
				Aikido 20:00	120´ 2				