



— AULAS COLETIVAS —

— SPINNING —

MANHÃ

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
HORÁRIO 06:50 AS 07:30	HORÁRIO 07:00 AS 08:00	HORÁRIO 06:50 AS 07:30	HORÁRIO 07:00 AS 08:00	HORÁRIO 06:50 AS 07:30
FUNCIONAL	ZUMBA	FUNCIONAL	ZUMBA	FUNCIONAL
PROF: RENATO	PROF: CARLOS	PROF: RENATO	PROF: CARLOS	PROF: RENATO
HORÁRIO 08:00 AS 09:00	HORÁRIO 08:00 AS 09:00	HORÁRIO 08:00 AS 09:00	HORÁRIO 08:00 AS 09:00	HORÁRIO 08:00 AS 09:00
FUNCIONAL CROSS	LOCALIZADA JUMP-GAP	FUNCIONAL CROSS	STEP LOCALIZADA-GAP	FUNCIONAL CROSS
PROF: SANDRO	PROF: FLAVIO	PROF: SANDRO	PROF: FLAVIO	PROF: SANDRO

MANHÃ

SEGUNDA	TERÇA	QUARTA	QUINTA
HORÁRIO 07:00 AS 07:30 07:30 AS 08:00	HORÁRIO 07:10 AS 07:40 08:00 AS 08:30	HORÁRIO 07:00 AS 07:30 07:30 AS 08:00	HORÁRIO 07:10 AS 07:40 08:00 AS 08:30
SPINNING	SPINNING	SPINNING	SPINNING
PROF: JULIO	PROF: SANDRO	PROF: JULIO	PROF: SANDRO

NOITE

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
HORÁRIO 18:00 AS 19:00	HORÁRIO 18:40 AS 19:40	HORÁRIO 18:00 AS 19:00	HORÁRIO 07:00 AS 08:00	HORÁRIO 06:50 AS 07:30	HORÁRIO 18:00 AS 18:30 18:30 AS 19:00	HORÁRIO 18:15 AS 19:45	HORÁRIO 18:00 AS 18:30 18:30 AS 19:00	HORÁRIO 18:00 AS 18:30 18:30 AS 19:00	HORÁRIO 18:20 AS 18:50
JUMP	GINÁSTICA	GAP	GAP FUNCIONAL	FUNCIONAL	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
PROF: JOSÉ JESUS	PROF: JULIO	PROF: JOSÉ JESUS	PROF: JULIO	PROF: JOSÉ JESUS	PROF: JULIO	PROF: JOSÉ JESUS	PROF: JULIO	PROF: JOSÉ JESUS	PROF: JULIO
HORÁRIO 19:0 AS 20:00	HORÁRIO 08:00 AS 09:00	HORÁRIO 08:00 AS 09:00		HORÁRIO 08:00 AS 09:00					
ZUMBA	ZUMBA	ZUMBA		ZUMBA					
PROF: CARLOS	PROF: JULIO	PROF: CARLOS		PROF: CARLOS					
HORÁRIO 20:30 AS 22:00	HORÁRIO 20:30 AS 21:30	HORÁRIO 20:30 AS 22:00	HORÁRIO 20:30 AS 21:30						
KICKBOXING	FUNCIONAL	KICKBOXING	FUNCIONAL						
PROF: RODRIGO	PROF: VALDECI	PROF: RODRIGO	PROF: VALDECI						