



GRADE DE HORÁRIOS

*As aulas podem ser alteradas sem aviso prévio.



	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
6:10	Bike Roberto 55'		Bike Roberto 55'		Bike Roberto 55'
7:00	Yoga Edu 55'	Postural Franco 45'	Yoga Edu 55'	Postural Franco 45'	Yoga Edu 55'
			Treino de Corrida 4any1 Pq. Ibirapuera 90'		
08:00		Pilates Leticia 55'		Pilates Leticia 55'	
9:00	Holística Rebeca 50'		Holística Rebeca 50'		
9:30		TSI Silvio 45'		TSI Silvio 45'	
10:00	Ritmos Orlando 50'		Ritmos Orlando 50'		Miofacial Rebeca 50'
10:30		Alongamento Silvio 30'		Alongamento Silvio 30'	
17:00			Musical Mário 55'		
18:00	Boxe Monique 50'	Bike Franco 55'	Boxe Monique 50'	Bike Franco 55'	Boxe Matheus 50'
19:00	Pilates Cida 50'	Yoga Nat Najjar 55'	Pilates Cida 50'	Yoga Nat Najjar 55'	Air Yoga Nat Najjar 50'
		Treino de Corrida 4any1 Pq. Ibirapuera 120'		Treino de Corrida 4any1 Pq. Ibirapuera 120'	
19:50					Air Yoga Nat Najjar 50'
20:00	Yoga Nat Najjar 55'	Ritmos Orlando 50'	Yoga Nat Najjar 55'	Ritmos Orlando 50'	

Sábado	7:00	10:00
	Treino de Corrida 4any1 USP 180'	Boxe Matheus 50'