



GRADE DE HORÁRIOS

*As aulas podem ser alteradas sem aviso prévio.



	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
6:00	Bike Roberto 55'		Bike Roberto 55'		Bike Roberto 55'
7:00	Yoga Edu 55'	Postural Franco 30'	Yoga Edu 55'	Postural Franco 30'	Yoga Edu 55'
8:00	Gap Rebeca 30'	Pilates Leticia 55'	Gap Rebeca 30'	Pilates Cida 55'	
9:00	Holística Rebeca 50'	TSI Silvio 45'	Holística Rebeca 50'	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 50'		
18:00	Boxe Monique 50'	Bike Franco 55'	Boxe Monique 50'	Bike Franco 55'	Boxe Monique 50'
19:00	Pilates Cida 30'	Yoga Nat Najjar 55'	Pilates Cida 30'	Yoga Nat Najjar 55'	Air Yoga Nat Najjar 50'
		Treino de Corrida - 4any1 Pq. Ibirapuera 120'		Treino de Corrida - 4any1 Pq. Ibirapuera 120'	Air Yoga Nat Najjar 50'
20:00	Air Yoga Nat Najjar 50'	Ritmos Orlando 50'	Yoga Nat Najjar 55'	Ritmos Orlando 50'	

	7:00	10:00	11:00
Sábado	Treino de Corrida - 4any1 USP 180'	Boxe Gabriel 50'	Ritmos (15 em 15 dias) Orlando 50'