

HORÁRIO DE GINÁSTICA A PARTIR DE NOVEMBRO/19

	HORÁRIO	SALA	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
MANHÃ	7h10	FITNESS 1		LES MILLS BODYPUMP 45'			
		STADIUM	LES MILLS RPM 45'		LES MILLS RPM 45'		
	7h30	TRAINING GYM		ALONG 20'			V8LT 30'
	8h	FITNESS 1	LOCAL 55'	dança 50'	LOCAL 55'	LES MILLS BODYPUMP 60'	LES MILLS SH'BAM 45'
		TRAINING GYM			TREINAMENTO FUNCIONAL 40'		
		STADIUM		LES MILLS RPM 45'			LES MILLS RPM 45'
	9h	FITNESS 1		LES MILLS CXWORX 30'	ALONG 20'		LES MILLS BODYBALANCE 45'
		TRAINING GYM				V8LT 30'	
		STADIUM	LES MILLS RPM 30'				
TARDE	17h30	STADIUM		LES MILLS RPM 30'		LES MILLS RPM 30'	
	18h	FITNESS 1		LES MILLS CXWORX 30'	ABDOMEN 20'		
		TRAINING GYM				V8LT 30'	
NOITE	18h30	FITNESS 1	LES MILLS BODYPUMP 60'	LES MILLS BODYBALANCE 45'	LES MILLS BODYPUMP 60'	POWER JUMP 45'	dança 50'
		TRAINING GYM					V8LT 30'
		STADIUM		LES MILLS RPM 30'			
	19h	TRAINING GYM		V8LT 30'			TREINAMENTO FUNCIONAL 40'
		STADIUM	LES MILLS RPM 30'				
	19h15	STADIUM					LES MILLS RPM 30'
	19h40	FITNESS 1	ABDOMEN 20'	LES MILLS BODYATTACK 45'	LES MILLS SH'BAM 45'		
		STADIUM	LES MILLS RPM 30'	LES MILLS RPM 30'	LES MILLS RPM 30'	LES MILLS RPM 30'	
	20h	FITNESS 1	LES MILLS BODYCOMBAT 30'				
	20h30	FITNESS 1			ALONG 15'		
		TRAINING GYM	V8LT 30'				

Aulas aos Sábados e feriados.
 Favor consultar os professores, a recepção da Academia
 ou nossas redes sociais!