

HORÁRIO DE AULAS DE GRUPO



Início	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:00	V-Metcon <small>BOX 30'</small>						
07:15		cycling <small>E2 45'</small>	V-Power <small>E1 45'</small>	cycling <small>E2 45'</small>	V-Metcon <small>BOX 30'</small>		
07:30	V-Cross <small>SOF 30'</small>						
09:00	V-Burn <small>E1 45'</small>	V-Power <small>E1 45'</small>	V-Fight <small>E1 45'</small>	V-Power <small>E1 45'</small>	cycling <small>E2 45'</small>		
09:45					V-Boxing <small>E3 30'</small>		
10:00	3B <small>E1 30'</small>	V-Metcon <small>BOX 30'</small>	Pilates <small>E3 45'</small>	V-Metcon <small>BOX 30'</small>			
10:00	V-Mind <small>E3 45'</small>		3B <small>E1 30'</small>				
10:30		V-Mind <small>E3 45'</small>		V-Yoga <small>E3 45'</small>	V-Mind <small>E3 45'</small>	V-Power <small>E1 45'</small>	
11:00	Zumba <small>E1 45'</small>		Zumba <small>E1 45'</small>				
11:15						V-Mind <small>E3 45'</small>	
11:30						cycling <small>E2 45'</small>	
12:15					V-Burn <small>E1 45'</small>		
12:30		3B <small>E1 30'</small>					
12:45				Pilates <small>E3 45'</small>			
13:00	V-Power <small>E1 45'</small>		V-Power <small>E1 45'</small>				
13:15		V-Burn <small>E1 45'</small>		cycling <small>E2 45'</small>	3B <small>E1 30'</small>		
18:15	3B <small>E1 30'</small>		V-Burn <small>E1 45'</small>	V-Power <small>E1 45'</small>			
18:15	V-Mind <small>E3 45'</small>		Zumba <small>E3 45'</small>				
18:30		V-Power <small>E1 30'</small>	V-Metcon <small>BOX 30'</small>	V-Yoga <small>E3 45'</small>	V-Fight <small>E1 30'</small>		
18:30		V-Yoga <small>E3 45'</small>					
19:00	cycling <small>E2 45'</small>				cycling <small>E2 45'</small>		
19:15	V-Power <small>E1 45'</small>	V-Fight <small>E1 45'</small>	3B <small>E1 30'</small>	V-Fight <small>E1 45'</small>	V-Power <small>E1 30'</small>		
19:15	Zumba <small>E3 45'</small>	cycling <small>E2 30'</small>	cycling <small>E2 45'</small>				
19:15	V-Metcon <small>BOX 30'</small>						
19:30			V-Boxing <small>E3 30'</small>	Pilates <small>E3 45'</small>			
19:30				cycling <small>E2 45'</small>			
20:00		Dance <small>E3 45'</small>					
20:15	V-Boxing <small>E3 30'</small>						