

# HORÁRIO DE AULAS DE GRUPO



Início	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:00	V-Boxing <small>SOF 30'</small>						
07:45	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>		Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>		
08:00	ABS <small>SOF 15'</small>	ABS <small>SOF 15'</small>		ABS <small>SOF 15'</small>	ABS <small>SOF 15'</small>		
09:00	ABS <small>SOF 15'</small>	ABS <small>SOF 15'</small>		ABS <small>SOF 15'</small>	ABS <small>SOF 15'</small>		
09:15	Pilates <small>E1 45'</small>			Pilates <small>E1 45'</small>		Pilates <small>E1 45'</small>	
09:30	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	
09:45		V-Boxing <small>SOF 30'</small>					
10:00					V-Mind <small>E1 45'</small>		
10:15				3B <small>E1 45'</small>		V-Burn <small>E1 45'</small>	
10:30							virtual cycling <small>E2 45'</small>
11:00	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	
12:45	Virtual cycling <small>E2 45'</small>	V-Cross <small>SOF 30'</small>			Virtual cycling <small>E2 45'</small>		
15:00	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>		
16:00	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	
17:00	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	Virtual cycling <small>E2 45'</small>	
17:45	Dance <small>E1 30'</small>	Pilates <small>E1 45'</small>					
18:00		Virtual cycling <small>E2 30'</small>					
18:30	V-Burn <small>E1 30'</small>						
18:45		Dance <small>E1 30'</small>					
19:30				cycling <small>E2 45'</small>	3B <small>E1 30'</small>		
20:15	Pilates <small>E1 45'</small>				Pilates <small>E1 45'</small>		