

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:30	BIKE 45'		BIKE 45'		BIKE 45'	
07:00		MAT PILATES 45'				
07:30	BODY PUMP 60'		BODY PUMP 60'			
07:30	BIKE 45'		BIKE 45'	BIKE 45'	BIKE 45'	
07:45		BIKE 45'				
08:15					BALLET FITNESS 45'	
08:20		LPF 45'		LPF 45'		
09:00	BALLET FITNESS 45'		BALLET FITNESS 45'		ALONGAMENTO 45'	BIKE 45'
09:15		YOGA 45'		YOGA 45'		
09:45	RITMOS 45'		RITMOS 45'		RITMOS 45'	
10:00						BIKE 45'
11:00		MAT PILATES 45'		MAT PILATES 45'		
11:15	BIKE 45'		BIKE 45'		BIKE 45'	
16:15		BODY PUMP 60'		BODY PUMP 60'		
18:00		GLÚTEO 30'		GLÚTEO 30'		
18:15	BODY PUMP 60'		BODY PUMP 60'		BODY PUMP 60'	
18:30		ABDÔMEN 30'		ABDÔMEN 30'		
18:30	BIKE 45'	BIKE 45'	BIKE 45'	BIKE 45'		
19:15	RITMOS 45'		RITMOS 45'			
19:20	BIKE 45'		BIKE 45'			
20:00		MAT PILATES 45'		MAT PILATES 45'		

VÁLIDO A PARTIR DE 01/09/2025

AS AULAS PODEM
SER ALTERADAS
SEM AVISO PRÉVIO.



RESERVE SUA
AULA PELO APP