

## GRADE DE AULAS DE GINÁSTICA JANEIRO 2018.

Horário	Segunda feira	Terça feira	Quarta feira	Quinta feira	Sexta feira
06:40h		15' Club A B S		15' Club A B S	15' Club A B S
07:00h	45' Club Pilates	30' Club Bike	45' Club Pilates	30' Club Bike	30' Club Funcional
07:35h		30' Club Alongamento		30' Club Alongamento	
07:50h	30' Club Funcional		30' Club Funcional		
10:00h		45' Club Pilates			45' Club Pilates
16:00h	30' Club Bike	30' Club Bike	30' Club Bike	30' Club Bike	
16:30h	45' Club Pilates	30' Club Alongamento	45' Club Pilates	30' Club Alongamento	
18:00h	15' Club A B S	15' Club A B S	15' Club A B S	15' Club A B S	
18:15h	30' Club Localizada		30' Club Localizada		
18:15h	45' Club Jump		45' Club Jump		
18:30h	30' Club Bike		30' Club Bike		
18:45h		30' Club Bike		30' Club Bike	
19:00h	15' Club A B S		15' Club A B S		
19:00h	45' Club Circuito	50' Club Ritmos	45' Club Circuito	50' Club Ritmos	
19:30h	30' Club Alongamento		30' Club Alongamento		
20:00h	45' Club Pilates		45' Club Pilates		30' Club Funcional
20:15h	45' Club STEP	45' Club Pilates	45' Club STEP	45' Club Pilates	
	ideal para queima calórica	ideal para melhora da postura	Ideal para fortalecer e definir os músculos	Muita diversão e queima calórica	

## GRADE DE AULAS ESPECIAIS

Ballet	Dança de Salão	Muay Thay	Jiu Jitsu	Krav Magá
3ª e 5ª feiras	5ª feira	3ª e 5ª feiras	2ª, 4ª e 6ª feiras	Sábados
18:00h Infantil 60'	20:00h	19:00h	21:00h	09:30h
19:00h Intermed. 60'	90'	60'	60'	120'
21:00h Adulto 60'				