

GRADE DE AULAS DE GINÁSTICA - ACADEMIA CLUB 109

Horário	Segunda feira	Terça feira	Quarta feira	Quinta feira	Sexta feira
07:00h	45' Club Pilates	30' Club Bike	45' Club Pilates	30' Club Bike	
07:35h		30' Club Alongamento		30' Club Alongamento	
10:00h		45' Club Pilates			45' Club Pilates
17:00h	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	
18:30h	30' Club Bike	30' Club Bike	30' Club Bike	30' Club Bike	30' Club Bike
19:00h	15' Club A B S	45' Club Zumba	15' Club A B S	45' Club Zumba	
19:10h					45' Club Pilates
19:15h	30' Club Jump		30' Club Jump		
19:45h	30' Club Bike		30' Club Bike		
20:00h	45' Club Pilates		45' Club Pilates		
20:15h		45' Club Pilates		45' Club Pilates	

Ideal para a queima calórica	Ideal para melhora da postura e flexibilidade	Ideal para fortalecer e definir os músculos	Diversão com muita queima calórica