



QUADRO DE HORÁRIOS



HORÁRIO	Segunda-feira	Terça-feira	Quarta-feira	Quinta-feira	Sexta-feira
06h40min	20' Club Alongamento	15' Club Abs	20' Club Alongamento	15' Club Abs	15' Club Abs
07h00min	45' Club Pilates	30' Club Bike	45' Club Pilates	30' Club Bike	45' Club Funcional
07h35min		20' Club Alongamento		20' Club Alongamento	
07h50min	45' Club Aerobic		45' Club Aerobic		
08h00min		45' Club Funcional		45' Club Funcional	
16h15min	45' Club Ritmos	45' Club Bike	45' Club Ritmos	45' Club Bike	
17h00min	45' Club Pilates	30' Club Alongamento	45' Club Pilates	30' Club Alongamento	
18h00min	15' Club Abs		15' Club Abs		15' Club Abs
18h10min		15' Club Abs		15' Club Abs	
18h30min	15' Club Bike	30' Club Bike	15' Club Bike	30' Club Bike	30' Club Bike
18h30min					45' Club Pilates
19h10min	45' Club Zumba		45' Club Zumba		
19h15min		45' Club Jump		45' Club Combat	45' Club Zumba
19h30min	30' Club Alongamento		30' Club Alongamento		
20h00min	45' Club Pilates	45' Club Ritmos	45' Club Pilates	45' Club Ritmos	
20h00min	30' Glúteo e Abs		30' Glúteos e Abs		
20h10min		30' Club Bike		30' Club Bike	
20h10min		45' Club Pilates		45' Club Pilates	
20h30min	30' Club Step		45' Club Step		
20h55min		45' Club Jump		45' Club Jump	