

	SEG	TER	QUA	QUI	SEX	SAB	DOM
MANHÃ	PILATES 07:15 E3 / 45'	ABS 08:00 ZF / 15'	CYCLING 07:15 E1 / 45'	HIIT 08:00 ZF / 15'	LOCALIZADA 07:15 E3 / 45'	PILATES 10:00 E3 / 45'	CYCLING 10:30 E1 / 45'
	HIIT 08:00 ZF / 15'	BODY PUMP 09:30 E3 / 45'	HIIT 08:00 ZF / 15'	PILATES 09:30 E3 / 45'	ABS 08:00 ZF / 15'	CYCLING 11:00 E1 / 45'	
	ABS 10:30 ZF / 15'	HIIT 10:30 ZF / 15'	ABS 10:30 ZF / 15'	HIIT 10:30 ZF / 15'	CYCLING 09:30 E1 / 45'		
					ABS 10:30 ZF / 15'		
TARDE	HIIT 12:30 ZF / 15'	ABS 12:30 ZF / 15'	HIIT 12:30 ZF / 15'	ABS 12:30 ZF / 15'	HIIT 12:30 ZF / 15'		
	ABS 15:00 ZF / 15'	HIIT 15:00 ZF / 15'	ABS 15:00 ZF / 15'	HIIT 15:00 ZF / 15'	ABS 15:00 ZF / 15'		
	ABS 18:15 ZF / 15'	HIIT 18:15 ZF / 15'	ABS 18:15 ZF / 15'	HIIT 18:15 ZF / 15'	ABS 18:15 ZF / 15'		
NOITE	CROSS TRAINING KIDS 18:30 BOX / 55'	YOGA 18:30 E3 / 45'	PILATES 18:30 E2 / 45'	KICKBOXING KIDS 18:40 E2 / 55'	CYCLING 18:30 E1 / 45'		
	CYCLING 18:45 E1 / 45'	KICKBOXING KIDS 18:40 E2 / 55'	BODY PUMP 18:40 E3 / 45'	HYBRID 18:40 BOX / 55'	CROSS TRAINING 19:00 BOX / 55'		
	JIU JITSU 19:00 E2 / 55'	FITDANCE 19:30 E3 / 45'	CROSS TRAINING 19:30 BOX / 55'	KICKBOXING 19:40 E2 / 55'	GAP 19:40 E3 / 45'		
	HYBRID 19:30 BOX / 55'	CYCLING 19:30 E1 / 45'	JIU JITSU 19:20 E2 / 55'	LOCALIZADA 19:40 E3 / 45'	HIIT 20:15 ZF / 15'		
	BODY PUMP 19:30 E3 / 45'	KICKBOXING 19:40 E2 / 55'	CYCLING 19:30 E1 / 45'	ABS 20:15 ZF / 15'			
	HIIT 20:15 ZF / 15'	ABS 20:15 ZF / 15'	CIRCUITO 19:40 E3 / 55'	CYCLING 20:30 E1 / 45'			
	CIRCUITO 20:30 E3 / 45'	PILATES 20:30 E2 / 45'	HIIT 20:15 ZF / 15'	YOGA 20:30 E3 / 45'			
			GAP 20:30 E3 / 45'				

LEGENDA

■ FORÇA	■ CORPO E MENTE	E1 ESTÚDIO 1
■ CARDIO	■ DESPORTOS DE COMBATE	E2 ESTÚDIO 2
■ FUNCIONAL	■ INTERAÇÃO EM SALA	E3 ESTÚDIO 3
■ DANÇA		ZF ZONA FUNCIONAL

AO IMPULSE RESERVA-SE O DIREITO DE LIVREMENTE MODIFICAR AS ATIVIDADES E HORÁRIOS.

AOS FERIADOS VIGORA O HORÁRIO E AS AULAS DE DOMINGO.

SCAN ME

