

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

