

Grade válida a partir do dia 02/01/2018 até o dia 12/01/2018

**SALA DE GINÁSTICA 1**

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:30 – 08:15	PILATES ELAINE	PILATES ELAINE	PILATES ELAINE	PILATES ELAINE	PILATES ELAINE	
08:15 – 08:45	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	
08:45 – 09:30		PILATES ELAINE		PILATES ELAINE		
14:30 – 15:15	RITMOS DÉBORAH		RITMOS DÉBORAH		RITMOS DÉBORAH	
15:15 – 16:00	PUMP DÉBORAH		PUMP DÉBORAH		PUMP DÉBORAH	
16:45 – 17:30	PILATES DRIELI		PILATES DRIELI		PILATES DRIELI	
17:15 – 18:00		PILATES DRIELI		PILATES DRIELI		
17:30 – 18:00	ALONGAMENTO DRIELI		ALONGAMENTO DRIELI		ALONGAMENTO DRIELI	
18:00 – 18:30	AERO MIX DRIELI	ALONGAMENTO DRIELI	AERO MIX DRIELI	ALONGAMENTO DRIELI	AERO MIX DRIELI	
18:30 – 19:00	GAP DRIELI	ABDOMINAL DRIELI	GAP DRIELI	ABDOMINAL DRIELI	GAP DRIELI	
19:00 – 19:45	PILATES DRIELI	PILATES DRIELI	PILATES DRIELI	PILATES DRIELI	PILATES DRIELI	
19:45 – 20:30		AERO MIX DRIELI		AERO MIX DRIELI		

**SALA DE SPINNING**

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:30 – 08:15	SPINNING RICARDO		SPINNING RICARDO		SPINNING RICARDO
12:15 – 13:00		SPINNING RICARDO		SPINNING RICARDO	
18:30 – 19:15	SPINNING RICARDO	SPINNING RICARDO	SPINNING RICARDO	SPINNING RICARDO	

**SALA DE LUTAS**

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
11:45 – 13:15	MUAY THAI CLEITON		MUAY THAI CLEITON		MUAY THAI CLEITON	
12:00 – 13:00		JIU JITSU CLEITON		JIU JITSU CLEITON		
18:00 - 19:00	JIU JITSU CLEITON		JIU JITSU CLEITON		JIU JITSU CLEITON	
19:15 - 20:45	MUAY THAI CLEITON		MUAY THAI CLEITON		MUAY THAI CLEITON	
20:30 - 22:00		KARATÊ FLÁVIO		KARATÊ FLÁVIO		
21:00 – 22:00	BOXE CLEITON		BOXE CLEITON		BOXE CLEITON	

Grade válida a partir do dia 02/01/2018 até o dia 12/01/2018

**SALA DE GINÁSTICA 1**

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:30 – 08:15	PILATES ELAINE	PILATES ELAINE	PILATES ELAINE	PILATES ELAINE	PILATES ELAINE	
08:15 – 08:45	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	ALONGAMENTO ELAINE	
08:45 – 09:30		PILATES ELAINE		PILATES ELAINE		
14:30 – 15:15	RITMOS DÉBORAH		RITMOS DÉBORAH		RITMOS DÉBORAH	
15:15 – 16:00	PUMP DÉBORAH		PUMP DÉBORAH		PUMP DÉBORAH	
16:45 – 17:30	PILATES DRIELI		PILATES DRIELI		PILATES DRIELI	
17:15 – 18:00		PILATES DRIELI		PILATES DRIELI		
17:30 – 18:00	ALONGAMENTO DRIELI		ALONGAMENTO DRIELI		ALONGAMENTO DRIELI	
18:00 – 18:30	AERO MIX DRIELI	ALONGAMENTO DRIELI	AERO MIX DRIELI	ALONGAMENTO DRIELI	AERO MIX DRIELI	
18:30 – 19:00	GAP DRIELI	ABDOMINAL DRIELI	GAP DRIELI	ABDOMINAL DRIELI	GAP DRIELI	
19:00 – 19:45	PILATES DRIELI	PILATES DRIELI	PILATES DRIELI	PILATES DRIELI	PILATES DRIELI	
19:45 – 20:30		AERO MIX DRIELI		AERO MIX DRIELI		

**SALA DE SPINNING**

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:30 – 08:15	SPINNING RICARDO		SPINNING RICARDO		SPINNING RICARDO
12:15 – 13:00		SPINNING RICARDO		SPINNING RICARDO	
18:30 – 19:15	SPINNING RICARDO	SPINNING RICARDO	SPINNING RICARDO	SPINNING RICARDO	

**SALA DE LUTAS**

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
11:45 – 13:15	MUAY THAI CLEITON		MUAY THAI CLEITON		MUAY THAI CLEITON	
12:00 – 13:00		JIU JITSU CLEITON		JIU JITSU CLEITON		
18:00 – 19:00	JIU JITSU CLEITON		JIU JITSU CLEITON		JIU JITSU CLEITON	
19:15 – 20:45	MUAY THAI CLEITON		MUAY THAI CLEITON		MUAY THAI CLEITON	
20:30 – 22:00		KARATÊ FLÁVIO		KARATÊ FLÁVIO		
21:00 – 22:00	BOXE CLEITON		BOXE CLEITON		BOXE CLEITON	