



# GRADE HORÁRIA

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
7H00	SPINNING 45'	PILATES SOLO 60'	SPINNING 45'	PILATES SOLO 60'	SPINNING 45'	
8H30	PILATES SOLO 45'		PILATES SOLO 45'		PILATES SOLO 45'	
	SPINNING 45'		SPINNING 45'		SPINNING 45'	
9H15	ALONGAMENTO 15'		ALONGAMENTO 15'		ALONGAMENTO 15'	
9H20		ALONGAMENTO 40'		ALONGAMENTO 40'		
9H30	ZUMBA 45'		ZUMBA 45'		ZUMBA 45'	
	SPINNING 45'		SPINNING 45'		SPINNING 45'	SPINNING 45'
10H00		YÔGA 60'		YÔGA 60'		
10H30						SPINNING 45'
	LOCALIZADA 60'		LOCALIZADA 60'		LOCALIZADA 60'	RITMOS/ FITDANCE 45'
11H00		DANÇA DO VENTRE 60'		DANÇA DO VENTRE 60'		
12H15	SPINNING 45'		SPINNING 45'			
14H00	FITDANCE 45'		FITDANCE 45'		FITDANCE 45'	
14H30		PILATES SOLO 45'		PILATES SOLO 45'		
15H00	ABDOMINAL 15'		ABDOMINAL 15'		ABDOMINAL 15'	
15H15	ALONGAMENTO 30'		ALONGAMENTO 30'		ALONGAMENTO 30'	
15H30		LOCALIZADA 60'		LOCALIZADA 60'		
15H45	SPINNING 45'		SPINNING 45'		SPINNING 45'	
18H15	FITDANCE 45'	FUNCIONAL 45'	FITDANCE 45'	FUNCIONAL 45'	FITDANCE 45'	
18H20	SPINNING 45'		SPINNING 45'		SPINNING 45'	
18H30		SPINNING 45'		SPINNING 45'		
19H00		FITDANCE 45'		FITDANCE 45'		
19H15	LIFT 60'		LIFT 60'		LIFT 60'	
19H30	SPINNING 45'		SPINNING 45'			
20H00		YÔGA 60'		YÔGA 60'		
20H30	ALONGAMENTO 15'	MUAY THAI 60'	ALONGAMENTO 15'	MUAY THAI 60'		
20H45	PILATES SOLO 45'		PILATES SOLO 45'			