

HORÁRIO DE AULAS DE GRUPO

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
07:15 CYCLING	07:15 TRX	07:15 CYCLING	07:15 GAP			
10:30 LOCALIZADA	10:30 CYCLING	10:30 ZUMBA	10:30 POUND	10:30 BODY BALANCE	09:30 CYCLING	10:00 CYCLING
13:00 HIIT	12:30 BODY PUMP	13:00 CYCLING	12:30 PILATES	13:00 ZUMBA	11:30 ZUMBA ZUMBA KIDS	11:00 YOGA FAMILIA
17:30 100% CORE	17:30 TRX	17:30 GAP	17:30 BARRE	18:00 100% BUNDA	 <div style="display: flex; justify-content: space-between; margin-top: 5px;"> <ul style="list-style-type: none"> ■ TREINO FORÇA ■ TREINO CARDIO ■ TREINO CORPO E MENTE ■ DANÇAS </div> <p style="font-size: 24px; font-weight: bold; margin-top: 10px;">FITCLUB</p> <p style="margin-top: 10px;">Horário: Segunda a Sexta: 7h-22h Sábado: 9h-19h Domingo e Feriados Nacionais: 9h-13h</p>	
18:00 BALLET KIDS		18:15 CYCLING	18:15 BODY COMBAT	18:45 POWER JUMP		
18:30 BODY PUMP	18:30 PILATES	18:45 ZUMBA KIDS	19:00 MUAI THAI KIDS BODY PUMP	19:00 PILATES		
19:00 BODY BALANCE	18:45 CYCLING	19:00 100% BUNDA	19:45 CYCLING	20:00 CYCLING		
20:00 FITBOXE 30	19:00 MUAI THAI KIDS	19:30 POWER JUMP	20:30 YOGA			
	19:30 BODY COMBAT	20:30 FITBOXE 30				
	20:00 ZUMBA					