

SEGUNDA

HORA 07 30
TBT 24 30'

HORA 10 00
VIVA + 24 30'

HORA 12 30
CYCLING 24 30'

HORA 17 45
TBT 24 30'

HORA 18 45
ABS 24 30'

HORA 19 15
CYCLING 24 45'

HORA 19 30
CROSS 24 45'

TERÇA

HORA 08 00
CYCLING 24 30'

HORA 10 00
ABS 24 30'

HORA 13 00
CROSS 24 30'

HORA 18 15
GLÚTEO CORE 24 30'

HORA 19 00
CYCLING 24 30'

HORA 19 15
CROSS 24 45'

QUARTA

HORA 07 45
CROSS 24 30'

HORA 12 30
GLÚTEO CORE 24 30'

HORA 18 15
ABS 24 30'

HORA 19 00
CROSS 24 45'

HORA 19 00
CYCLING 24 30'

HORA 20 00
FIGHT24 60'

Aula Suplementar

QUINTA

HORA 08 00
CROSS 24 30'

HORA 10 00
PUMP 24 30'

HORA 13 00
CROSS 24 30'

HORA 18 15
CYCLING 24 30'

HORA 18 15
TBT 24 30'

HORA 19 00
CROSS 24 45'

HORA 19 30
MOBILITY 24 30'

SEXTA

HORA 07 30
GLÚTEO CORE 24 30'

HORA 12 30
TBT 24 30'

HORA 18 15
PUMP 24 30'

HORA 19 00
CROSS 24 45'

HORA 19 00
CYCLING 24 30'

SÁBADO

HORA 10 00
CROSS 24 45'

HORA 11 00
CYCLING 24 45'

HORA 12 00
MOBILITY 24 30'