



FITNESS
YOUR FREEDOM

ACHADA

MAPA DE AULAS DE GRUPO

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
10:30						CYCLING 24 30'
11:15						MOBILITY 24 30'
12:00						
12:30						
13:00						
17:45						
18:00						
18:15		ABS 24 30'		GLÚTEO CORE 24 30'		
18:30	TBT 24 30'		TBT 24 30'		CYCLING 24 30'	
18:45						
19:00		CYCLING 24 30'		CYCLING 24 30'		
19:15					MOBILITY 24 30'	