



**FITNESS**  
YOUR FREEDOM

# MAPA DE AULAS DE GRUPO **ANADIA**

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
7:30	TBT 24 30'				GLÚTEO CORE 24 30'	
7:45			CROSS 24 30'			
8:00		CYCLING 24 30'		CROSS 24 30'		
10:00	VIVA + 24 30'	ABS 24 30'		PUMP 24 30'		CROSS 24 45'
11:00						CYCLING 24 45'
12:00						MOBILITY 24 30'
12:30	CYCLING 24 30'		GLÚTEO CORE 24 30'		TBT 24 30'	
13:00		CROSS 24 30'		CROSS 24 30'		
17:45	TBT 24 30'		ABS 24 30'			
18:00						
18:15		GLÚTEO CORE 24 30'		TBT 24 30'	CYCLING 24 30'	PUMP 24 30'
18:30			ZUMBA 24 45'			
18:45	ABS 24 30'					
19:00		CYCLING 24 30'	CROSS 24 45'	CYCLING 24 30'	CROSS 24 45'	CYCLING 24 30'
19:15	CYCLING 24 45'	CROSS 24 45'				
19:30	CROSS 24 45'			MOBILITY 24 30'		
20:00			FIGTH 24 60' AULA SUPLEMENTAR			