

MAPA DE AULAS



SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

TBT 24
7:30 30'

VIVA + 24
10:00 30'

CYCLING 24
12:30 30'

TBT 24
17:45 30'

ABS 24
18:30 30'

CROSS 24
19:00 45'

CYCLING 24
19:15 45'

FIGHT 24
20:00 60'
Aula Suplementar

CYCLING 24
8:00 30'

ABS 24
10:00 30'

CROSS 24
13:00 30'

PILATES 24
17:15 30'

GLÚTEO 24
18:15 30'

CYCLING 24
19:00 30'

CROSS 24
19:15 45'

CROSS 24
7:45 30'

STEP 24
10:00 30'

GLÚTEO 24
12:30 30'

ABS 24 | STEP 24
Aula alternada semanalmente
17:45 30'

CYCLING 24
19:00 30'

ZUMBA
19:15 45'

FIGHT 24
20:15 60'
Aula Suplementar

FITROX 24
8:00 30'

PUMP 24
10:00 30'

FITROX 24
13:00 30'

ABS 24
17:45 30'

FITROX 24
18:45 30'

TBT 24
18:00 30'

CYCLING 24
18:30 30'

MOBILITY 24
19:30 30'

GLÚTEO 24
7:30 30'

PILATES 24
10:00 30'

TBT 24
12:30 30'

PUMP 24
18:15 45'

CYCLING 24
19:15 30'

CROSS 24
19:15 45'

FITROX 24 | CROSS 24
Aula alternada semanalmente
10:00 45'

CYCLING 24
11:15 45'

MOBILITY 24
12:15 30'

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TREINE, SEM HORÁRIOS.

24/7 FITNESS
YOUR FREEDOM