MAPA DE AULAS

24/7 FITNESS
YOUR FREEDOM

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
MANHÃ	TBT 24 7:30 30'	CYCLING 24 8:00 30'	CROSS 24 7:45 30'	FITROX 24 8:00 30'	GLÚTEO 24 7:30 30'	FITROX 24 | CROSS 24 Aula alternada semanalmente 10:00 45'
	VIVA + 24 10:00 30'	ABS 24 10:00 30'	STEP 24 10:00 30'	PUMP 24 10:00 30'	PILATES 24 10:00 30'	CYCLING 24 11:15 45'
	CYCLING 24 12:30 30'	CROSS 24 13:00 30'	GLÚTEO 24 12:30 30'	FITROX 24 13:00 30'	TBT 24 12:30 30'	MOBILITY 24 12:15 30'
TARDE	TBT 24 17:45 30'	PILATES 24 17:15 30'	ABS 24 | STEP 24 Aula alternada semanalmente 17:45 30'	TBT 24 18:00 30'	PUMP 24 18:15 45'	
	ABS 24 18:30 30'	GLÚTEO 24 18:15 30'		CYCLING 24 18:30 30'		
	CROSS 24 19:00 45'	CYCLING 24 19:00 30'	CYCLING 24 19:00 30' ZUMBA 19:15 45'	FITROX 24 18:45 30'	CYCLING 24 19:15 30'	CROSS 24 19:15 45'
	CYCLING 24 19:15 45'	CROSS 24 19:15 45'	CROSS 24 19:00 45'	MOBILITY 24 19:30 30'		
NOITE	FIGHT 24 20:00 60' Aula Suplementar		FIGHT 24 20:15 60' Aula Suplementar			

TREINE, SEM HORÁRIOS.

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