

Horário Aulas de Grupo Setembro 2010

Aulas Manhã

Segunda-feira				Terça-feira				Quarta-feira				Quinta-feira				Sexta-feira				Sábado					
Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.		
7:15	* P-Mat Wall (Inter)	BG	45	BM	7:15	*Gravity Strength	RA	45	EG	7:15	*Global Gravity	JP	45	EG	7:15	*Global Gravity	RA	45	EG	7:30	*Local, Along.	DV	45	3	
7:30	* Local, Along.	DV	45	3	8:00	*Total Cond.	VC	45	3	7:30	* Local, Along.	DV	45	3	8:00	*Total Cond.	Vs	45	3	8:30	*H.E.A.T.	JB	45	EH	
8:15	* Alongamento	DV	30	3	8:00	* Schwinn	PM	45	EB	8:15	* Alongamento	DV	30	3	8:00	* Schwinn	PM	45	EB	9:00	*GRAVITY ZEN	DV	45	EG	
8:30	*H.E.A.T.	JB	45	EH	10:00	* Local Total	JP	50	2	8:30	*H.E.A.T.	JB	45	EH	9:00	*GRAVITY ZEN	DV	45	EG	9:15	* Pilates Mat (Inter)	LL	45	BM	
9:15	*Global Gravity	RA	45	EG	10:15	* Pilates Mat (Avanc)	FM	45	BM	9:15	*Global Gravity	RA	45	EG	10:00	KRANK RESTORE	Tsil	30	EH	10:15	* Local, Along.	DV	45	3	
9:15	* Pilates Mat (Inic)	LL	45	BM	11:15	*Hatha Yoga (Avanc)	TC	55	BM	9:15	* Pilates Mat (Inic)	LL	45	BM	10:15	* Local Total	JP	50	3	11:15	* Alongamento	DV	45	3	
10:15	* Local, Along.	DV	45	3					10:15	* Local, Along.	DV	45	3	10:15	* Pilates Mat (Avanc)	Flav	45	BM							
11:15	* Alongamento	DV	45	3					11:15	* Alongamento	DV	45	3	11:15	*Hatha Yoga (Avanc)	TC	55	BM							

Aulas Almoço

Segunda-feira				Terça-feira				Quarta-feira				Quinta-feira				Sexta-feira				Sábado				
Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	
12:30	* Local	JP	55	2	12:30	* Pilates Mat (Inic)	LL	45	BM	12:30	* Aero Local	JP	55	3	12:45	*Step Reebok	TM	45	3	12:30	* Local	JP	45	3
12:45	* Ashtanga	NR	60	BM	12:45	*Step Reebok	TM	45	3	12:45	* Ashtanga	NR	60	BM	12:45	*Gravity F.E.A.R.P	ES	30	EG	12:45	*Global Gravity	TS	45	EG
12:45	*Gravity F.E.A.R.P	RA	30	EG	12:45	*Gravity F.E.A.R.P	ES	30	EG	12:45	*POWER KRANK	CO	30	EH	13:15	* Pilates Mat (Inic)	BG	45	BM	13:15	* Zumba	RP	45	2
13:15	KRANK Flats&R.Hills	RA	30	EH	13:15	*Hatha Yoga (Inic)	TC	55	BM	13:15	*Gravity F.E.A.R.P	CO	30	EG	13:15	*H.E.A.T.	MA	55	EB	13:15	* Schwinn	MA	55	EB
13:15	* Dance	RP	45	3	13:15	*H.E.A.T.	MA	45	EH	13:15	* Danças de Salão	TT	55	1	13:30	Stretch	DV	30	1	13:30	*ABS Alongamento	JP	45	3
13:15	*Schwinn	MA	55	EB	13:30	Stretch	DV	30	1	13:15	* Schwinn	MA	55	EB										

Aulas Tarde/Noite

Segunda-feira				Terça-feira				Quarta-feira				Quinta-feira				Sexta-feira				Domingo (Manhã)					
Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.	Prof.	Mês.	Min.	Ext.		
18:15	* Capoeira	PP	45	3	18:45	* Step	RC	45	3	18:15	* Capoeira	PP	45	3	18:45	* Step	RC	45	3	18:45	GRAVITY ZEN	JB	30	EG	
18:30	* Pilates Mat (Inter)	FM	45	BM	18:45	Local Funcional	CO	30	2	18:30	* Pilates Mat (Inic)	LL	45	BM	18:45	Local Funcional	CO	30	2	11:00	*Ashtanga	NR	60	BM	
18:30	*Gravity Core S	RA	30	EG					18:30	* Local Dinâmica	Jcs	45	1						11:00	*Jiu-Jitsu	HM	60	OD		
18:30	* Local Dinâmica	DV	45	1					18:30	* Zumba	RP	45	2						11:15	*Global Gravity	RC	45	EG		
																			12:00	*Schwinn	NV	55	EB		
19:00	* Schwinn	RS	55	EB	19:00	*Gravity F.E.A.R.P	RA	30	EG	19:00	* Schwinn	PE	55	EB	19:00	Kettle Bell Introduc	ES	45	XS	12:00	*H.E.A.T.	Flip	45	EH	
19:00	Krank Flats&R.Hills	RA	30	EH	19:15	* TRX	ES	45	2	19:00	* Body Combat	PM	50	3	19:00	*Gravity Core Series	RA	30	EG	19:15	* Body Combat	PM	50	3	
19:15	*Body Combat	ZH	55	3	19:15	* Schwinn	MA	55	EB	19:15	* Global Gravity	ES	45	EG	19:15	* RMT	CO	45	2	19:15	* Local Advance	JP	55	1	
19:15	* Local Advance	JP	55	1	19:15	* Local	JP	55	1	19:15	* Local Advance	JP	55	1	19:15	* Schwinn	MA	55	EB	19:15	* Pilates Mat (Inic)	FM	45	BM	
19:30	*Hip Hop	RP	45	2	19:30	*Aerobica	RC	45	3	19:30	*Step	RP	45	2	19:15	* Local	JP	55	1	19:30	* Hip Hop	RP	45	2	
19:30	* Stretch Fusión	DV	45	BM	19:30	POWER KRANK	RA	30	EH	19:30	*Stretch Fusión	Jcs	45	BM	19:30	* Aerobica	RC	45	3	19:30	* Schwinn	RS	56	EB	
19:45	*Global Gravity	RA	45	EG					19:30	Krank Flats&R.Hills	RA	30	EH	19:30	Krank Flats&R.Hills	RA	30	EH							

Domingo (Tarde)				
Prof.	Mês.	Min.	Ext.	
17:00	Crc. Força Funcional	FC	45	3
17:15	POWER KRANK	Tsil	60	3H
17:45	* Schwinn	PE	55	EB



* AULAS DE ACESSO LIVRE - SUJEITAS A MARCAÇÃO PREVIA E APRESENTAÇÃO DA RESPECTIVA SENHA