AULAS	2ª FEIRA		3ª FEIRA		4ª FEIRA		5ª FEIRA		6ª FEIRA		SÁBADO		DOMINGO	
7:15	*CORE VIRT 30'*	*1*	*HIT VIRT 30'*	*1*	*GAP VIRT. 30'*	*1*	*PILATES VIRT 30'*	*1*	*CORE VIRT 30'*	*1*				
9:10											BEBÉS *30'*	P	BEBÉS *30'*	P
9:30			TOTAL COND. *45'*	1			TOTAL COND. *45'*	1			BEBÉS *(9:40) 30'*	P	BEBÉS *(9:40) 30'*	P
9:45	PILATES *45'*	1			PILATES *45'*	1								
10:00	HIDRO *45'*	P			HIDRO *45'*	P			HIDRO *45'*	P	KIDS *(10:10) 30'*	P		
10:10											FUNCIONAL X *45'*	1	KIDS *30'*	P
10:30									PILATES *45'*	1	KIDS *(10:40) 30'*	P	KIDS *(10:40) 30'*	P
11:05	*DANCE VIRT 30'*	*1*	*TOTAL COND. VIRT. 30'*	*1*	*DANCE VIRT 30'*	*1*	*GAP VIRT. 30'*	*1*			YOGA *45'*	1		
11:35											HIDRO *45'*	P		
13:15	*GAP VIRT. 30'*	*1*	*YOGA VIRT 30'*	*1*	*TOTAL COND. VIRT. 30'*	*1*	*FUNCIONAL VIRT. 30'*	*1*	*GAP VIRT. 30'*	*1*				
16:00			HIDRO *45'*	P			HIDRO *45'*	P						
16:15	*PILATES VIRT 20'*	*1*	*CORE VIRT 20'*	*1*	TOTAL COND. *45'*	1			*YOGA VIRT 30'*	*1*				
17.30	BEBÉS *30'*	P	BEBÉS / KIDS *30'*	P	BEBÉS *30'*	P	BEBÉS / KIDS *30'*	P	BEBÉS *30'*	P				
18:00	BEBÉS / KIDS *30'*	P	KIDS *30'*	P	BEBÉS / KIDS *30'*	P	KIDS *30'*	P	BEBÉS / KIDS *30'*	P				
18:00	*TOTAL COND. VIRT. 30'*	*1*	*ZUMBA KIDS 40´*	*1*	*CORE VIRT 20'*	*1*	*GAP VIRT. 30'*	*1*	*KARATÉ KIDS 40´*	*1*				
18:30	KIDS *30'*	P	KIDS *30'*	P	KIDS *30'*	P	KIDS *30'*	P	KIDS *30'*	P				
18:30					STEP *30'*	1								
18:45	PUMP *45'*	1	FUNCIONAL X *45'*	1			PUMP *45'*	1	TOTAL COND. *45'*	1				
19:05			ZUMBA *45´*	2	TOTAL COND. *45'*	1								
19:20														
19:30	CYCLE *45'*	2	HIDRO *45'*	P			HIDRO *45'*	P	ALONGAMENTOS *45'*	1				
19:35	POSTURAL *45'*	1	PILATES *45'*	1			PILATES *45'*	1						
19:40							CYCLE *45'*	2						
19:55			CORE EXPRESS *30'*	2	GAP *30'*	2								
20:00					YOGA *45'*	*1*			*GAP VIRT. 30'*	*2*				
20:05														
20:25	*GAP VIRT. 30'*	*1*	*TOTAL COND. VIRT. 30'*	*1*			LATINATION 45´	1						

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