

# Mapa de aulas Boavista (geral)

## Class Schedule Boavista (global)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00		08:00 - 09:00 Body Fit 0/10	08:00 - 09:00 Cross Training 0/10	08:00 - 09:00 Ganban Hot Yoga 0/12	08:00 - 09:00 Pilates Máquinas 0/4	08:00 - 09:00 Cross Training 0/10	
09:00	08:30 - 09:30 Pilates Máquinas 0/4	09:00 - 10:00 Hatha Yoga 0/10	09:00 - 10:00 Power Hot Yoga 0/12	09:00 - 10:00 Hatha Yoga 0/10	08:30 - 09:30 Ganban Hot Yoga 0/12		
10:00	09:30 - Sound Bath 0/12	10:00 - Meditação Guiada 0/10	10:00 - Sound Bath 0/12	10:00 - Meditação Guiada 0/8	09:30 - 10:30 Active Fit 0/10	09:30 - 10:30 Hatha Yoga 0/10	10:00 - 11:00 Vinyasa Yoga 0/14
11:00	11:00 - 12:00 Hatha Yoga 0/10		11:00 - 12:00 Funcional 0/10		11:00 - 12:00 Funcional 0/10		11:00 - 12:15 Ashtanga Hot Yoga 0/12
12:00	12:15 - 13:15 Stretch & Flex 0/12	12:30 - 13:30 Aerial Yoga 0/9	12:30 - 13:30 Cross Training 0/10	12:30 - 13:30 Aerial Yoga 0/9	12:30 - 13:30 Bungee 0/5	12:30 - 13:30 Fly Yoga Teens 0/10	11:15 - 12:15 Cross Training 0/10
13:00	13:15 - 14:15 Aerial Yoga 0/9	12:30 - 13:25 Pilates Bola 0/10	12:30 - 13:30 Pilates Máquinas 0/4	12:30 - 13:25 Pilates Bola 0/10	12:30 - 13:15 GAP 45m 0/12	11:30 - 12:30 Cross Training 0/10	12:15 - Sound Bath 0/12
14:00		13:30 - 14:30 GAP Localizada 0/10		13:30 - 14:30 Pilates Mat 0/12	13:00 - 14:00 Pilates Máquinas 0/4		
15:00							
16:00							
17:00		16:45 - 17:45 Aerial Hoop Teens 0/5					
18:00	17:30 - 18:30 Pilates Máquinas 0/4	18:00 - Sound Bath 0/12	17:30 - 18:30 Pilates Bola 0/10	17:30 - 18:30 Pilates Máquinas 0/4	17:30 - 18:30 Yoga Lab 0/10		
19:00	18:30 - 19:30 Bungee Localizada 0/12	18:30 - 19:30 Pilates Pilates 0/12	18:30 - 19:30 Pilates Pilates 0/12	18:30 - 19:30 Pilates Pilates 0/12	18:30 - 19:30 Aerial Yoga 0/9	18:30 - 19:30 Pilates Máquinas 0/4	18:30 - 19:30 Slow Hot Yoga 0/12
20:00	19:30 - 20:30 Cross Training 0/12	19:30 - 20:30 GAP Localizada 0/12	19:30 - 20:30 Cross Training 0/12	19:30 - 20:30 Pilates Máquinas 0/12	19:30 - 20:30 Pilates Máquinas 0/12		
21:00		20:30 - Sound Bath 0/12	20:30 - Sound Bath 0/12	20:30 - Sound Bath 0/12			

# Mapa de aulas Boavista (fitness)

## Class Schedule Boavista (fitness)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00		08:00 - 09:00 Body Fit 0/10	08:00 - 09:00 Cross Training 0/10		08:00 - 09:00 Cross Training 0/10		
09:00							
10:00		09:30 - 10:30 Active Fit 0/10			09:30 - 10:30 Active Fit 0/10		
11:00			11:00 - 12:00 Funcional 0/10		11:00 - 12:00 Funcional 0/10	10:30 - 11:30 Pilates Mat 0/12	11:15 - 12:15 Cross Training 0/10
12:00						11:30 - 12:30 Cross Training 0/10	
13:00		12:30 - 13:25 Pilates Bola 0/10	12:30 - 13:30 Cross Training 0/10	12:30 - 13:25 Pilates Bola 0/10	12:30 - 13:15 GAP 45m 0/10		
14:00		13:30 - 14:30 GAP Localizada 0/10		13:30 - 14:30 Pilates Mat 0/12			
15:00							
16:00							
17:00							
18:00			17:30 - 18:30 Pilates Bola 0/10				
19:00	18:30 - 19:30 GAP Localizada 0/10	18:30 - 19:30 Body Fit 0/10	18:30 - 19:30 Pilates Mat 0/12	18:30 - 19:30 Body Fit 0/10			
20:00	19:30 - 20:30 Cross Training 0/10	19:30 - 20:30 GAP Localizada 0/10	19:30 - 20:30 Cross Training 0/10	19:30 - 20:30 Pilates Mat 0/12			
21:00							

# Mapa de aulas Boavista (yoga)

## Class Schedule Boavista (yoga)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00							
09:00		09:00 - 10:00 Hatha Yoga 0/10		09:00 - 10:00 Hatha Yoga 0/10			
10:00		10:00 - Meditação Guiada 0/8		10:00 - Meditação Guiada 0/8	09:30 - 10:30 Hatha Yoga 0/10	09:30 - 10:25 Aerial Yoga 0/10	10:00 - 11:00 Vinyasa Yoga 0/14
11:00	11:00 - 12:00 Hatha Yoga 0/10					10:30 - 11:30 Aerial Yoga 0/9	
12:00						11:30 - 12:30 Fly Yoga Teens 0/10	
13:00	13:15 - 14:15 Aerial Yoga 0/9	12:30 - 13:30 Aerial Yoga 0/9		12:30 - 13:30 Aerial Yoga 0/9	12:30 - 13:30 Bungee 0/5	12:30 - 13:30 Fly Yoga Teens 0/10	
14:00							
15:00							
16:00							
17:00		16:45 - 17:45 Aerial Hoop Teens 0/5					
18:00					17:30 - 18:30 Yoga Lab 0/10		
19:00	18:30 - 19:30 Bungee 0/5	18:30 - 19:25 Aerial Yoga 0/9	18:30 - 19:30 Power Yoga 0/10		18:30 - 19:30 Aerial Yoga 0/9		
20:00		19:30 - 20:30 Yoga Lab 0/10	19:30 - 20:30 Hatha Yoga 0/10				
21:00							

# Mapa de aulas Boavista (hot yoga)

## Class Schedule Boavista (hot yoga)



	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00				08:00 - 09:00 Ganban Hot Yoga 0/12	08:30 - 09:30 Ganban Hot Yoga 0/12		
09:00	09:30 - Sound Bath 0/12		09:00 - 10:00 Power Hot Yoga 0/12			09:30 - 10:30 Power Hot Yoga 0/12	
10:00	10:30 - Sound Bath 0/12	10:30 - Sound Bath 0/12	10:00 - Sound Bath 0/12	10:30 - Sound Bath 0/12	10:30 - Sound Bath 0/12	10:30 - 11:30 Power Hot Yoga 0/12	
11:00							11:00 - 12:15 Ashtanga Hot Yoga 0/12
12:00	12:15 - 13:15 Stretch & Flex 0/12					12:30 - Sound Bath 0/12	12:15 - Sound Bath 0/12
13:00							
14:00				14:30 - Sound Bath 0/12			
15:00							
16:00							
17:00							
18:00		18:00 - Sound Bath 0/12	18:00 - Sound Bath 0/12	18:00 - Sound Bath 0/12			
19:00	18:30 - 19:30 Power Hot Yoga 0/12	18:30 - 19:30 Power Hot Yoga 0/12	18:30 - 19:30 Stretch & Flex 0/12	18:30 - 19:30 Power Hot Yoga 0/12	18:30 - 19:30 Slow Hot Yoga 0/12		
20:00	19:30 - 20:30 Power Core Hot Yoga 0/12	19:35 - 20:30 Ganban Hot Yoga 0/12	19:30 - 20:30 Slow Hot Yoga 0/12	19:30 - 20:30 Power Core Hot Yoga 0/12			
21:00	20:30 - Sound Bath 0/12	20:30 - Sound Bath 0/12		20:30 - Sound Bath 0/12			

- Konnectors
- Clássico

# Mapa de aulas Boavista (pilates máq.)

## Class Schedule Boavista (pilates machines)



SEG/MON

TER/TUE

QUA/WED

QUI/THU

SEX/FRI

SAB/SAT

DOM/SUN

