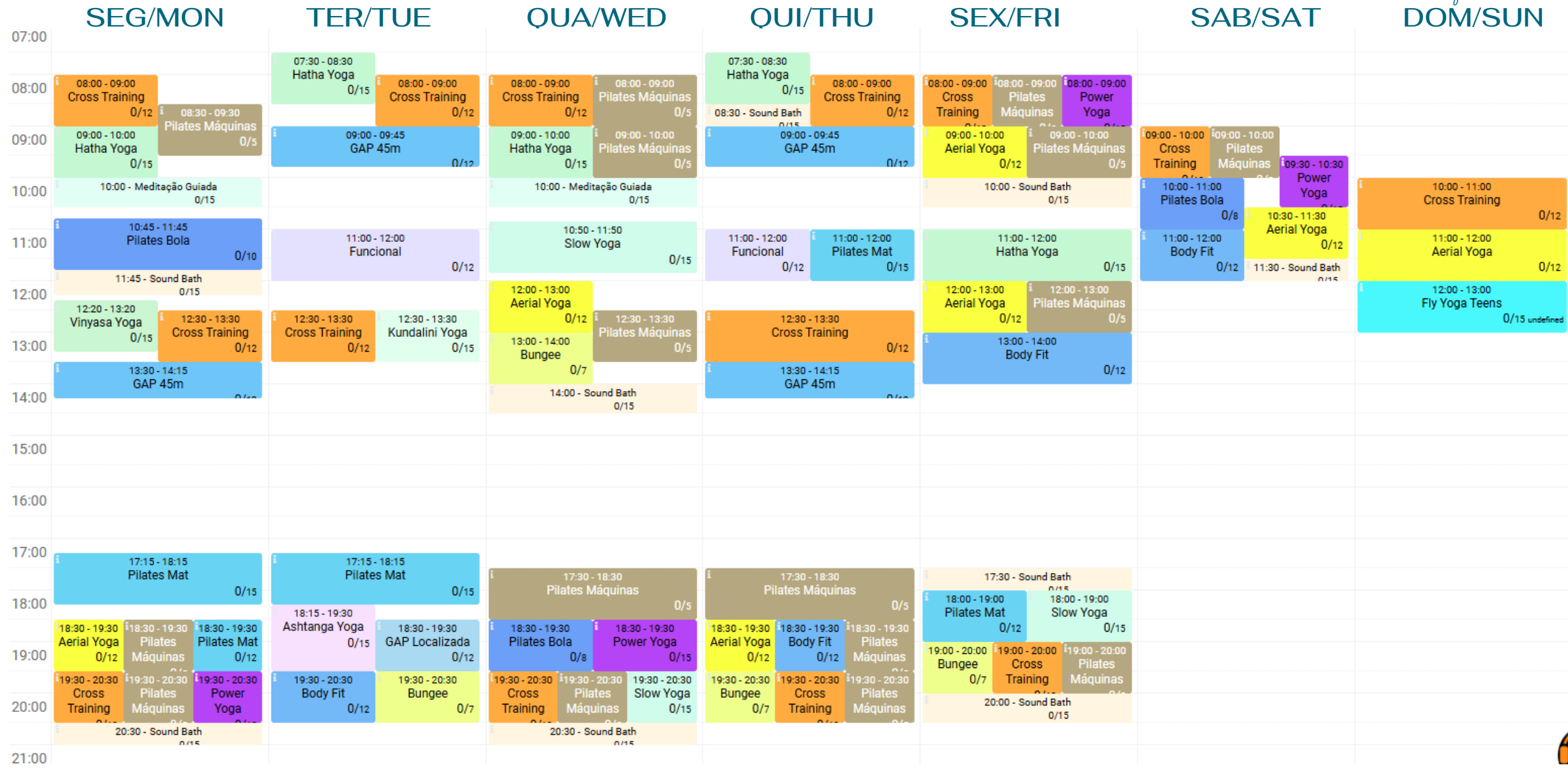


Mapa de aulas Foz (geral)

Class Schedule Foz (global)



Mapa de aulas Foz (fitness)

Class Schedule Foz (fitness)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
07:00							
08:00	08:00 - 09:00 Cross Training 0/12	08:00 - 09:00 Cross Training 0/12	08:00 - 09:00 Cross Training 0/12	08:00 - 09:00 Cross Training 0/12	08:00 - 09:00 Cross Training 0/12		
09:00		09:00 - 09:45 GAP 45m 0/12		09:00 - 09:45 GAP 45m 0/12		09:00 - 10:00 Cross Training 0/12	
10:00						10:00 - 11:00 Pilates Bola 0/8	10:00 - 11:00 Cross Training 0/12
11:00	10:45 - 11:45 Pilates Bola 0/10	11:00 - 12:00 Funcional 0/12		11:00 - 12:00 Funcional 0/12	11:00 - 12:00 Pilates Mat 0/15	11:00 - 12:00 Body Fit 0/12	
12:00							
13:00	12:30 - 13:30 Cross Training 0/12	12:30 - 13:30 Cross Training 0/12		12:30 - 13:30 Cross Training 0/12	13:00 - 14:00 Body Fit 0/12		
14:00	13:30 - 14:15 GAP 45m 0/12			13:30 - 14:15 GAP 45m 0/12			
15:00							
16:00							
17:00	17:15 - 18:15 Pilates Mat 0/15	17:15 - 18:15 Pilates Mat 0/15					
18:00	18:30 - 19:30 Pilates Mat 0/12	18:30 - 19:30 GAP Localizada 0/12	18:30 - 19:30 Pilates Bola 0/8	18:30 - 19:30 Body Fit 0/12	18:00 - 19:00 Pilates Mat 0/12		
19:00	19:30 - 20:30 Cross Training 0/12	19:30 - 20:30 Body Fit 0/12	19:30 - 20:30 Cross Training 0/12	19:30 - 20:30 Cross Training 0/12	19:00 - 20:00 Cross Training 0/12		
20:00							
21:00							

Mapa de aulas Foz (yoga)

Class Schedule Foz (yoga)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
07:00							
08:00		07:30 - 08:30 Hatha Yoga 0/15		07:30 - 08:30 Hatha Yoga 0/15	08:00 - 09:00 Power Yoga 0/15		
09:00	09:00 - 10:00 Hatha Yoga 0/15		09:00 - 10:00 Hatha Yoga 0/15		09:00 - 10:00 Aerial Yoga 0/12		
10:00	10:00 - Meditação Guiada 0/15		10:00 - Meditação Guiada 0/15		10:00 - Sound Bath 0/15	09:30 - 10:30 Power Yoga 0/15	
11:00			10:50 - 11:50 Slow Yoga 0/15		11:00 - 12:00 Hatha Yoga 0/15	10:30 - 11:30 Aerial Yoga 0/12	11:00 - 12:00 Aerial Yoga 0/12
12:00	11:45 - Sound Bath 0/15		12:00 - 13:00 Aerial Yoga 0/12		12:00 - 13:00 Aerial Yoga 0/12	11:30 - Sound Bath 0/15	12:00 - 13:00 Fly Yoga Teens 0/12
13:00	12:20 - 13:20 Vinyasa Yoga 0/15	12:30 - 13:30 Kundalini Yoga 0/15	13:00 - 14:00 Bungee 0/7	12:30 - 13:30 Hatha Yoga 0/15			
14:00			14:00 - Sound Bath 0/15				
15:00							
16:00							
17:00							
18:00				17:45 - Sound Bath 0/15	17:30 - Sound Bath 0/15		
19:00	18:30 - 19:30 Aerial Yoga 0/12	18:15 - 19:30 Ashtanga Yoga 0/15	18:30 - 19:30 Power Yoga 0/15	18:30 - 19:30 Aerial Yoga 0/12	18:00 - 19:00 Slow Yoga 0/15		
20:00	19:30 - 20:30 Power Yoga 0/15	19:30 - 20:30 Bungee 0/7	19:30 - 20:30 Slow Yoga 0/15	19:30 - 20:30 Bungee 0/7	19:00 - 20:00 Bungee 0/7		
21:00	20:30 - Sound Bath 0/15		20:30 - Sound Bath 0/15		20:00 - Sound Bath 0/15		

Mapa de aulas Foz (pilates máq.)

Class Schedule Foz (pilates machines)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
07:00							
08:00			08:00 - 09:00 Pilates Máquinas 0/5		08:00 - 09:00 Pilates Máquinas 0/5		
09:00	08:30 - 09:30 Pilates Máquinas 0/5		09:00 - 10:00 Pilates Máquinas 0/5		09:00 - 10:00 Pilates Máquinas 0/5	09:00 - 10:00 Pilates Máquinas 0/5	
10:00							
11:00							
12:00					12:00 - 13:00 Pilates Máquinas 0/5		
13:00			12:30 - 13:30 Pilates Máquinas 0/5				
14:00							
15:00							
16:00							
17:00							
18:00			17:30 - 18:30 Pilates Máquinas 0/5	17:30 - 18:30 Pilates Máquinas 0/5			
19:00	18:30 - 19:30 Pilates Máquinas 0/5			18:30 - 19:30 Pilates Máquinas 0/5	19:00 - 20:00 Pilates Máquinas 0/5		
20:00	19:30 - 20:30 Pilates Máquinas 0/5		19:30 - 20:30 Pilates Máquinas 0/5	19:30 - 20:30 Pilates Máquinas 0/5			
21:00							