

Mapa semanal de aulas (geral)

Weekly class Schedule (global)

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

Mapa semanal de aulas (fitness)

Weekly class Schedule (fitness)



	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00	08:00 - 09:00 Cross Training 0/10	08:00 - 09:00 Cross Training 0/10	08:00 - 09:00 Cross Training 0/10	08:00 - 09:00 Cross Training 0/10	08:00 - 09:00 Cross Training 0/10		
09:00	08:30 - 09:30 Pilates Mat 0/12						
09:30 - 10:30	09:30 - 10:30 Stretch & Flex 0/9	09:30 - 10:30 Active Fit 0/10			09:30 - 10:30 Active Fit 0/10	09:30 - 10:30 Cross Training 0/10	
10:00							10:30 - 11:30 Cross Training 0/10
10:30 - 11:30						10:30 - 11:30 Pilates Mat 0/12	
11:00							11:50 - 12:50 Pilates Bola 0/10
12:00							
12:30 - 13:25		12:30 - 13:25 Pilates Bola 0/10	12:30 - 13:30 Funcional 0/10	12:30 - 13:25 Pilates Bola 0/10			
13:00 - 14:00	13:00 - 14:00 Cross Training 0/10				13:00 - 13:45 GAP 45m 0/10		
13:30 - 14:30		13:30 - 14:30 GAP Localizada 0/10	13:30 - 14:30 Cross Training 0/10	13:30 - 14:30 Pilates Mat 0/12			
14:00							
15:00							
16:00							
17:00							
17:30 - 18:30			17:30 - 18:30 Pilates Bola 0/10				
18:00							
18:30 - 19:30	18:30 - 19:30 Fit Kicks 0/8	18:30 - 19:30 Body Fit 0/10	18:30 - 19:30 Fit Kicks 0/8	18:30 - 19:30 Pilates Mat 0/12	18:30 - 19:30 Cross Training 0/10	18:30 - 19:30 Body Fit 0/10	
19:00							
19:30 - 20:30	19:30 - 20:30 Cross Training 0/10	19:30 - 20:30 Pilates Mat 0/12	19:30 - 20:30 GAP Localizada 0/10	19:30 - 20:30 Cross Training 0/10	19:30 - 20:30 Glide 0/10	19:30 - 20:30 Cross Training 0/10	19:30 - 20:30 GAP Localizada 0/10
20:00					19:40 - 20:40 Cross Training 0/10		

Mapa semanal de aulas (yoga)

Weekly class Schedule (yoga)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00				08:00 - 09:00 Hatha Yoga 0/10			
09:00		09:00 - 10:00 Hatha Yoga 0/10	08:30 - 09:30 Aerial Yoga 0/9	09:00 - 10:00 Hatha Yoga 0/10	08:30 - 09:30 Aerial Yoga 0/9		
10:00	09:30 - 10:30 Stretch & Flex 0/9	10:00 - Meditação Guiada 0/8		10:00 - Meditação Guiada 0/8	09:30 - 10:30 Hatha Yoga 0/10	09:30 - 10:30 Vinyasa Yoga 0/10	
11:00						10:30 - 11:30 Aerial Yoga 0/9	
12:00						12:00 - 13:00 Fly Yoga Teens 0/10	
13:00	13:00 - 14:00 Aerial Yoga 0/9	12:30 - 13:30 Aerial Yoga 0/9	13:00 - 14:00 Aerial Hoop 0/6	12:30 - 13:30 Aerial Yoga 0/9		13:00 - 14:00 Fly Yoga Teens 0/10	
14:00							
15:00							
16:00							
17:00							
18:00							
19:00	18:30 - 19:30 Hatha Yoga 0/8	18:30 - 19:25 Aerial Yoga 0/9		18:30 - 19:30 Aerial Yoga 0/9			
20:00		19:30 - 20:30 Power Yoga 0/8					

Mapa semanal de aulas (hot yoga)

Weekly class Schedule (hot yoga)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00							
09:00		09:00 - Sound Bath 0/12	09:00 - 10:00 Power Detox Hot Yoga 0/12		08:30 - 09:30 Ganban Hot Yoga 0/12		
10:00			10:00 - Sound Bath 0/12				
11:00	10:30 - Sound Bath 0/12				10:30 - Sound Bath 0/12		
12:00						11:30 - Sound Bath 0/12	11:30 - Sound Bath 0/12
13:00	12:20 - 13:20 Ganban Hot Yoga 0/12					13:00 - Sound Bath 0/12	
14:00	13:30 - Sound Bath 0/12		14:00 - Sound Bath 0/12	14:30 - Sound Bath 0/12	14:00 - 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	18:00 - Sound Bath 0/12		
19:00	18:30 - Sound Bath 0/12		18:30 - 19:30 Move Flow Hot 0/12		18:30 - 19:30 Slow Hot Yoga 0/12		
20:00	19:00 - 20:00 Power Detox Hot Yoga 0/12	19:35 - 20:30 Ganban Hot Yoga 0/12	19:30 - Sound Bath 0/12	19:00 - 20:00 Power Detox Hot Yoga 0/12	19:30 - Sound Bath 0/12		
	20:00 - Sound Bath 0/12	20:30 - Sound Bath 0/12		20:00 - Sound Bath 0/12			

Mapa semanal de aulas (pilates máq.)

Weekly class Schedule (pilates machines)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
08:00							
09:00	08:30 - 09:30 Pilates Máquinas 0/4		08:30 - 09:30 Pilates Máquinas 0/4		09:00 - 10:00 Pilates Máquinas 0/4		
10:00						09:30 - 10:30 Pilates Máquinas 0/4	
11:00						10:30 - 11:30 Pilates Máquinas 0/4	
12:00							
13:00				12:30 - 13:30 Pilates Máquinas 0/4	13:00 - 14:00 Pilates Máquinas 0/4		
14:00							
15:00							
16:00							
17:00							
18:00	17:30 - 18:30 Pilates Máquinas 0/4		17:30 - 18:30 Pilates Máquinas 0/4				
19:00	18:30 - 19:30 Pilates Máquinas 0/4	18:30 - 19:30 Pilates Máquinas 0/4	18:30 - 19:30 Pilates Máquinas 0/4	18:30 - 19:30 Pilates Máquinas 0/4	18:30 - 19:30 Pilates Máquinas 0/4		
20:00	19:30 - 20:30 Pilates Máquinas 0/4			19:30 - 20:30 Pilates Máquinas 0/4			
21:00							