

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 0/8	08:00 - 09:00 Cross Training 0/8	08:00 - 09:00 Cross Training 0/8	08:00 - 09:00 Cross Training 0/8	08:00 - 09:00 Cross Training 0/8		
09:00	08:30 - 09:30 Pilates Mat 0/8			09:00 - 10:00 Pilates Bola 0/8			
10:00	09:30 - 10:30 Stretch & Flex 0/8	09:30 - 10:30 Active Fit 0/10			09:30 - 10:30 Active Fit 0/10	09:30 - 10:30 Cross Training 0/8	
11:00						10:35 - 11:35 Pilates Mat 0/10	10:30 - 11:30 Cross Training 0/8
12:00						11:35 - 12:35 Bioginastica 0/8	
13:00	13:00 - 14:00 Cross Training 0/8	12:30 - 13:25 Pilates Bola 0/8	13:00 - 14:00 Cross Training 0/8	12:30 - 13:25 Cross Training 0/8	13:00 - 13:45 GAP 45m 0/8		
14:00		13:30 - 14:30 GAP Localizada 0/8		13:30 - 14:30 Pilates Mat 0/10			
15:00							
16:00							
17:00							
18:00	18:30 - 19:30 Pilates Mat 0/10	18:15 - 19:00 Dance Fit 0/8	18:30 - 19:30 Pilates Mat 0/8	18:30 - 19:30 Dança Contemporânea 0/8	18:30 - 19:30 Body Fit 0/8		
19:00	19:30 - 20:30 Dance Fit 0/8	19:00 - 19:50 Body Fit 0/8	19:30 - 20:30 Glide 0/7	19:30 - 20:30 Pilates Mat 0/8	19:40 - 20:40 Cross Training 0/8	19:30 - 20:30 GAP Localizada 0/8	19:40 - 20:40 Cross Training 0/8
20:00	20:30 - 21:30 Cross Training 0/8	19:50 - 20:40 GAP Localizada 0/8	19:40 - 20:40 Cross Training 0/8				
21:00							

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					08:30 - 09:30 Aerial Yoga 0/9		
09:00	09:30 - 10:30 Stretch & Flex 0/8	09:00 - 10:00 Hatha Yoga 0/10	09:00 - 10:00 Aerial Yoga 0/9	09:00 - 10:00 Hatha Yoga 0/10		09:30 - 10:30 Vinyasa Yoga 0/10	
10:00		10:00 - Meditação Guiada 0/8		10:00 - Meditação Guiada 0/8		10:30 - 11:30 Aerial Yoga 0/9	
11:00							
12:00		12:30 - 13:30 Aerial Yoga 0/9	12:00 - 13:00 Hatha Yoga 0/10		12:30 - 13:30 Vinyasa Yoga 0/10	12:00 - 13:00 Fly Yoga Teens 0/10	
13:00			13:00 - 14:00 Aerial Hoop 0/6				
14:00							
15:00							
16:00							
17:00							
18:00	18:30 - 19:30 Hatha Yoga 0/8	18:30 - 19:25 Aerial Yoga 0/9		18:30 - 19:30 Aerial Yoga 0/9			
19:00	19:30 - 20:30 Aerial Yoga 0/9	19:30 - 20:30 Power Yoga 0/8					
20:00							
21:00							

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		09:30 - 10:30 Ganban Hot Yoga 0/12		
10:00	10:30 - Sound Bath 0/12		10:00 - Sound Bath 0/12		10:30 - Sound Bath 0/12		
11:00						11:30 - Sound Bath 0/12	11:30 - Sound Bath 0/12
12:00	12:20 - 13:20 Ganban Hot Yoga 0/12						
13:00	13:30 - Sound Bath 0/12				13:30 - Sound Bath 0/12		
14:00			14:00 - Sound Bath 0/12	14:30 - Sound Bath 0/12			
15:00							
16:00							
17:00							
18:00	18:30 - Sound Bath 0/12	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	19:00 - 20:00 Power Detox Hot Yoga 0/12	19:35 - 20:30 Ganban Hot Yoga 0/12	18:30 - 19:30 Move Flow Hot 0/12	19:00 - 20:00 Power Detox Hot Yoga 0/12	18:30 - 19:30 Slow Hot Yoga 0/12		
20:00	20:00 - Sound Bath 0/12	20:30 - Sound Bath 0/12	19:30 - Sound Bath 0/12	20:00 - Sound Bath 0/12	19:30 - Sound Bath 0/12		
21:00							

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		09:00 - 10:00 Pilates Máquinas 0/4		
10:00							
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							
19:00	18:30 - 19:30 Pilates Máquinas 0/4	18:30 - 19:30 Pilates Máquinas 1/4	18:30 - 19:30 Pilates Máquinas 0/4	18:30 - 19:30 Pilates Máquinas 1/4	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	19:30 - 20:30 Pilates Máquinas 0/4			
21:00							