

Mapa de aulas Foz (geral)

Class Schedule Foz (global)

	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
07:00							
08:00	08:00 - 09:00 Cross Training 0/10	07:30 - 08:30 Hatha Yoga 0/15	08:00 - 09:00 Cross Training 0/10	07:30 - 08:30 Hatha Yoga 0/15	08:00 - 09:00 Cross Training 0/10		
09:00	09:00 - 10:00 Hatha Yoga 0/15	08:30 - 09:30 Pilates Máquinas 0/5	09:00 - 10:00 Hatha Yoga 0/15	08:30 - 09:30 Barre Flow 0/8	09:00 - 10:00 Aerial Yoga 0/12	09:00 - 10:00 Cross Training 0/10	
10:00	10:00 - Meditação Guiada 0/15	10:00 - 11:00 Funcional 0/10		09:30 - Sound Bath 0/15	10:00 - Sound Bath 0/15	10:00 - 11:00 Pilates Bola 0/8	10:00 - 11:00 Cross Training 0/10
11:00	10:45 - 11:45 Pilates Mat 0/10	11:00 - 12:00 Funcional 0/10		11:00 - 12:00 Funcional 0/10	11:00 - 12:00 Hatha Yoga 0/15	10:30 - 11:30 Dance Fit 0/11	10:00 - 11:00 Power Sculpt 0/10
12:00	11:45 - Sound Bath 0/15	12:00 - 13:00 Kundalini Yoga 0/15	12:00 - 13:00 Aerial Yoga 0/12		12:00 - 13:00 Aerial Yoga 0/12	11:00 - 12:00 Body Fit 0/12	11:10 - 12:10 Barre Burn 0/10
13:00	12:30 - 13:30 Cross Training 0/10	12:30 - 13:30 Cross Training 0/10	12:30 - 13:30 Pilates Máquinas 0/5	12:30 - 13:30 Cross Training 0/10	13:00 - 14:00 Body Fit 0/12	11:30 - 12:30 Hatha Yoga 0/15	
14:00	13:30 - 14:15 GAP 45m 0/10	13:00 - 14:00 Dance Fit 0/11	13:00 - 14:00 Barre Burn 0/8		13:00 - 14:00 Bungee 0/7		
15:00			14:00 - Sound Bath 0/15				
16:00							
17:00	17:15 - 18:15 Pilates Mat 0/15	17:15 - 18:15 Pilates Mat 0/15	17:30 - 18:30 Pilates Máquinas 0/5	17:30 - 18:30 Pilates Máquinas 0/5	17:30 - 18:30 Aerial Restaurativo 0/10		
18:00	18:30 - 19:30 Pilates Máquinas 0/5	18:30 - 19:30 Barre Flow 0/8	18:30 - 19:30 Barre Burn 0/8	18:30 - 19:30 Aerial Restaurativ 0/5	18:30 - 19:30 Hatha Yoga 0/15		
19:00	19:30 - 20:30 Aerial Yoga 0/12	18:30 - 19:30 GAP Localizada 0/12	18:30 - 19:30 Pilates Bola 0/8	18:30 - 19:30 Pilates Máquinas 0/5	18:30 - 19:30 Pilates Máquinas 0/5	19:00 - 20:00 Cross Training 0/10	
20:00	19:30 - 20:30 GAP Localizada 0/12	19:30 - 20:30 Body Fit 0/12	19:30 - 20:30 Barre Tone 0/8	19:30 - 20:30 Body Fit 0/12	19:30 - 20:30 Power Sculpt 0/13	19:00 - 20:00 Cross Training 0/10	
21:00	20:30 - Sound Bath 0/15	19:30 - 20:30 Bungee 0/7	20:30 - Sound Bath 0/15	20:30 - Sound Bath 0/15			

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 0/10						
09:00						09:00 - 10:00 Cross Training 0/10	
10:00		10:00 - 11:00 Funcional 0/10				10:00 - 11:00 Pilates Bola 0/8	10:00 - 11:00 Cross Training 0/10
11:00	10:45 - 11:45 Pilates Mat 0/10	11:00 - 12:00 Funcional 0/10		11:00 - 12:00 Funcional 0/10	11:00 - 12:00 Pilates Mat 0/15	11:00 - 12:00 Body Fit 0/12	10:00 - 11:00 Power Sculpt 0/13
12:00							
13:00	12:30 - 13:30 Cross Training 0/10	12:30 - 13:30 Cross Training 0/10		12:30 - 13:30 Cross Training 0/10	13:00 - 14:00 Body Fit 0/12	13:00 - 14:00 Dance Fit 0/11	
14:00	13:30 - 14:15 GAP 45m 0/10						
15:00							
16:00							
17:00	17:15 - 18:15 Pilates Mat 0/15	17:15 - 18:15 Pilates Mat 0/15					
18:00							
19:00	18:30 - 19:30 Pilates Mat 0/12	18:30 - 19:30 GAP Localizada 0/12	18:30 - 19:30 Pilates Bola 0/8	19:00 - 20:00 Cross Training 0/10	19:00 - 20:00 Cross Training 0/10		
20:00	19:30 - 20:30 GAP Localizada 0/12	19:30 - 20:30 Body Fit 0/12	19:30 - 20:30 Body Fit 0/12			19:30 - 20:30 Power Sculpt 0/13	
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			09:30 - Sound Bath 0/15	10:00 - Sound Bath 0/15	09:30 - 10:30 Aerial Yoga 0/12	10:00 - 11:00 Power Sculpt 0/13
11:00					11:00 - 12:00 Hatha Yoga 0/15		
12:00		12:00 - 13:00 Kundalini Yoga 0/15	12:00 - 13:00 Aerial Yoga 0/12		12:00 - 13:00 Aerial Yoga 0/12	11:30 - 12:30 Hatha Yoga 0/15	
13:00					13:00 - 14:00 Bungee 0/7		
14:00			14:00 - Sound Bath 0/15				
15:00							
16:00							
17:00							
18:00					17:30 - 18:30 Aerial Restaurativo 0/10		
19:00				18:30 - 19:30 Aerial Restaurativo 0/12	18:30 - 19:30 Hatha Yoga 0/15		
20:00	19:30 - 20:30 Aerial Yoga 0/12	19:30 - 20:30 Bungee 0/7		19:30 - 20:30 Bungee 0/7	19:30 - 20:30 Power Sculpt 0/13		
21:00	20:30 - Sound Bath 0/15		20:30 - Sound Bath 0/15				

Mapa de aulas Foz (Barre & DanceFit)

Class Schedule Foz (Barre & DanceFit)



	SEG/MON	TER/TUE	QUA/WED	QUI/THU	SEX/FRI	SAB/SAT	DOM/SUN
07:00							
08:00							
09:00		08:30 - 09:30 Barre Tone 0/8		08:30 - 09:30 Barre Flow 0/8			
10:00							
11:00						10:30 - 11:30 Dance Fit 0/11	11:10 - 12:10 Barre Burn 0/8
12:00	12:00 - 13:00 Barre Tone 0/8						
13:00		13:00 - 14:00 Dance Fit 0/11	13:00 - 14:00 Barre Burn 0/8				
14:00							
15:00							
16:00							
17:00							
18:00							
19:00		18:30 - 19:30 Barre Flow 0/8	18:30 - 19:30 Barre Burn 0/8				
20:00			19:30 - 20:30 Barre Tone 0/8				
21:00							

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	08:30 - 09:30 Pilates Máquinas 0/5	09:00 - 10:00 Pilates Máquinas 0/5	09:00 - 10:00 Pilates Máquinas 0/5	
10:00							
11:00						11:00 - 12:00 Pilates Máquinas 0/5	
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						
20:00	19:30 - 20:30 Pilates Máquinas 0/5						
21:00							