

GINÁSTICA

Horário	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
6:30	Local 45	Bike 30'	Gap 30'	Bike 30'	Local 45'	
7:00	Abs 15'	Funcional 30'	Abs/ Along 30'	Funcional 30'	Abs 15'	
7:30	Along 30'	Step inc 30'	Pilates elástico	Step 30'	Along 30'	
8:00	Bike 30'	Pilates 30'	Bike 30'	Pilates 30'	Bike 30'	
9:00	Yoga 1h	Along 30'	Yoga 1h	Along 30'	Yoga 1h	
9:30	Local 30'		Local 30'		Local 30'	
10:15		Pilates 45'		Pilates 45'		Step avc 45'
10:30						Abs 15'
10:45						Bike 30'
17:00						
17:30	Bike 30'	Along 30'	Bike 30'	Along 30'	Bike 30'	
18:00	Local 30'		Local 30'		Local 30'	
18:15	Funcional 30'	Bike 30'	Funcional 30'	Bike 30'	Funcional 30'	
18:45	Abs 15'		Abs 15'		Abs 15'	
19:00	Step 30'	Step 30'	Step 30'	Step 30'	Step 30'	
19:30	Jump 30'	Pilates 30'	Jump 30'	Pilates 30'	Aerofight 30'	
20:00	Bike 30'	Yoga 1h	Bike 30'	Yoga 1h	Bike 30'	