

HORÁRIOS DE ATIVIDADES

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:00	Pilates Maq	Pilates Maq	Pilates Maq	Pilates Maq	Pilates Maq	
08:00		Pilates Maq		Pilates Maq		
09:00	Pilates Maq	Ginast. local	Pilates Maq	Ginast. local	Pilates Maq	
10:00	Pilates sol	Pilates Maq	Pilates solo	Pilates Maq	Pilates solo	
12:15	Pilates Maq		Pilates Maq			
14:00	Pilates Maq					
14:30		Pilates solo		Pilates solo		
15:00		Pilates Maq Ginas Matu		Pilates Maq Ginas Matu		
16:00					Pilates Maq	
17:30	Pilates Maq	Pilates Maq	Pilates Maq	Pilates Maq		
17:40		Circuito Kids e Teen		Circuito Kids e Teen		
18:15	Pilates Maq	Pilates Maq	Pilates Maq	Pilates Maq		
18:20	HIIT	Jump	HIIT	Jump		
19:00	Pilates Maq Pilates solo	Pilates Maq	Pilates Maq Pilates solo	Pilates Maq		
20:00	Pilates Maq	Pilates Maq	Pilates Maq	Pilates Maq		