

	<b>SEGUNDA</b>	<b>TERÇA</b>	<b>QUARTA</b>	<b>QUINTA</b>	<b>SEXTA</b>	<b>SÁBADO</b>
<b>M A N H Ã</b>	06:15	ALONG 30' DIOGO		JUMP 30' DIOGO		
	06:45	ABD 30' DIOGO		ALONG 30' DIOGO		
	07:00					ABD 30' RODRIGO
	07:15	BIKE 45' DIOGO		BIKE 45' DIOGO		
	07:30		BIKE 45' EDGAR		BIKE 45' EDGAR	BIKE 30' RODRIGO
	07:30		ALONG 30' ERICA		ALONG 30' ERICA	ALONG 30' KEYLA
	08:00	ABD 15' DIOGO		ABD 15' DIOGO		
	08:00	RITMOS 30' RODRIGO		RITMOS 30' RODRIGO		KAIBALL 30' RODRIGO
	08:15		ABD 15' EDGAR		ABD 15' EDGAR	
	08:30	ALONG 30' RODRIGO	SUPER LOCAL 60' EDGAR	ALONG 30' RODRIGO	SUPER LOCAL 60' EDGAR	CIRCUITO 60' RODRIGO
	09:00	CIRCUITO 60' RODRIGO		CIRCUITO 60' RODRIGO		
	09:30					MUAY THAI 60' DANIEL
	09:30		YÓGA 60' IVANILDO		YÓGA 60' IVANILDO	BIKE 45' RODRIGO
	09:45		BIKE 30' EDGAR		BIKE 45' EDGAR	
	10:00	ABD 30' RODRIGO		ABD 30' RODRIGO		
	10:15					ABD 15' RODRIGO
	10:30	BIKE 60' RODRIGO		BIKE 60' RODRIGO		
10:30	ALONG 45' KEYLA		ALONG 45' KEYLA		MAT PILATES 30' RODRIGO	
10:45						ABD 30' RODÍZIO
11:15						BIKE 45' RODÍZIO
11:30	POSTURAL 60' VALÉRIA		POSTURAL 60' VALÉRIA			
12:00						ALONG 30' RODÍZIO
	<b>SEGUNDA</b>	<b>TERÇA</b>	<b>QUARTA</b>	<b>QUINTA</b>	<b>SEXTA</b>	<b>SÁBADO</b>
<b>T A R D E</b>	14:30	BIKE 45' LUCIMARA	BIKE 30' ANA PAULA	BIKE 45' LUCIMARA	KAIBALL 30' ANA PAULA	
	15:00		LOCAL 45' ANA PAULA		LOCAL 45' ANA PAULA	BIKE 45' LUIZA
	15:00					YÓGA 60' IVANILDO
	15:15	ABD 15' LUCIMARA		LOCAL 45' LUCIMARA		
	15:30	CIRCUITO 30' LUCIMARA				
	15:45		ALONG 30' ANA PAULA		ALONG 30' ANA PAULA	ABD 15' LUIZA
	16:00	KAIBALL 30' LUCIMARA		JUMP 30' LUCIMARA		BIKE 30' LUIZA
	16:15		MAT PILATES 30' ANA PAULA		MAT PILATES 30' ANA PAULA	
	16:30	RITMOS 30' LUCIMARA		KAIBALL 30' LUCIMARA		ALONG 30' LUIZA
	17:00	ALONG 30' LUCIMARA		ALONG 30' LUCIMARA		GAP 30' LUIZA
17:15		BIKE 45' ANA PAULA		BIKE 45' ANA PAULA		
17:30	MUAY THAI 60' DANIEL		MUAY THAI 60' DANIEL			
	<b>SEGUNDA</b>	<b>TERÇA</b>	<b>QUARTA</b>	<b>QUINTA</b>	<b>SEXTA</b>	<b>SÁBADO</b>
<b>N O I T E</b>	18:00	BIKE 45' ALEX	MAT PILATES 30' RODRIGO	BIKE 45' ALEX	MAT PILATES 30' RODRIGO	BIKE 30' LUIZA
	18:30		ALONG 30' RODRIGO		ALONG 30' RODRIGO	
	18:45	ABD 15' ALEX		ABD 15' ALEX		
	19:00	ALONG 30' ALEX	C. MILITAR 60' RODRIGO	MAT PILATES 30' ALEX	C. FUNCIONAL 60' RODRIGO	
	19:15		YÓGA 60' IVANILDO		YÓGA 60' IVANILDO	
	19:30	BIKE 45' ALEX		BIKE 45' ALEX		
	19:30	POSTURAL 60' VALÉRIA		POSTURAL 60' VALÉRIA		
	20:00		BIKE 45' RODRIGO		BIKE 45' RODRIGO	
	20:15	ABD 15' ALEX		ABD 15' ALEX		
	20:30	ALONG 30' ALEX		ALONG 30' ALEX		
	20:45		ABD 15' RODRIGO		ABD 15' RODRIGO	
21:00	ABD 15' ALEX	ALONG 15' RODRIGO	ABD 15' ALEX	ALONG 15' RODRIGO		