

HORÁRIO DE GINÁSIO

OUTUBRO 2021 / 2022



DESAFIA-TE!

SEGUNDA







































TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

09:30						 KARATÉ
10:30	 PILATES	 ZUMBAX	 CYCLING	 LOCALIZADA	 PILATES	 CROSS TRAINING
17:30	 CROSS TRAINING	 LOCALIZADA	 JUMP KIDS	 PILATES	 CROSS KIDS	 MUAY THAI *
18:00			 COMBAT		 YOGA	
18:15	 ZUMBAX	 KARATÉ				
18:30	 CYCLING	 CYCLING	 CYCLING		 CYCLING	
18:45			 PILATES		 TRX	
19:00	 GAP	 PUMP		 LOCALIZADA  CYCLING		
19:30	 CYCLING		 GAP			
19:45	 PILATES	 JUMP  CYCLING		 ZUMBAX	 COMBAT	
20:00					 CYCLING	
20:30	 HIIT ABS	 TRX		 CROSS TRAINING		

* Sujeito a confirmação

SEGUNDA A SEXTA DAS 07H30 ÀS 22H00 | SÁBADO DAS 08H30 ÀS 19H00