

akua**fit**



AULAS DE GRUPO

segunda	terça	quarta	quinta	sexta	sábado	domingo
EXPRESS ABS 6:30	SPIN 7:05	TREINO FUNCIONAL 6:30	EXPRESS ABS 7:05	RPG 6:30	EXPRESS ABS 9:30	EXPRESS ABS 9:30
PILATES 7:05	EXPRESS ABS 9:30	LOCAL 7:15	YOGA 10:15	TREINO FUNCIONAL 7:15	ZUMBA 10:00	
PILATES 10:15	YOGA 10:15	EXPRESS ABS 9:50	SPIN 12:55	PILATES 10:15	PILATES 10:50	
LOCAL 12:55	HIIT 12:55	TOTAL CONDICIONA 12:55	SPIN 16:45	PILATES/RPG 12:55	KICKBOXING 11:00	
TOTAL CONDICIONA 16:45	EXPRESS ABS 16:00	EXPRESS ABS 16:00	KRAV MAGA KIDS 18:15	EXPRESS ABS 16:00	DANCE KIDS 11:00	
PILATES 18:15	LOCAL 18:30	GAP 18:15	PUMP 18:30	KARATÉ 18:15	KICKBOXING KIDS 11:45	
SPIN 19:00	KARATÉ 18:30	TRX 18:30	KRAV MAGA 19:10	LOCAL 18:15	DANCE KIDS 11:45	
YOGA 19:10	RUNNING 19:00	JUMP 19:10	SPIN 19:20	BALLET 18:30		
ZUMBA 19:15	STEP 19:20	SPIN 19:10	PILATES 20:15	KARATÉ 19:00		
TOTAL CONDICIONA 20:05	KRAV MAGA 19:30	ZUMBA 19:30		SPIN 19:05		
PILATES 20:15	KICKBOXING 20:15	YOGA 20:00		BALLET 19:15		
	SPIN 20:15	TOTAL POWER 20:00				