akuafit
HEALTH CLUB

aulas de grupo



segunda	terça	quarta	quinta	sexta	sábado	domingo
PILATES 7:05	SPIN 7:05	TREINO FUNCIONAL 6:30	EXPRESS ABS 7:05	RPG 6:30	EXPRESS ABS 9:30	EXPRESS ABS 9:30
PILATES 10:15	EXPRESS ABS 9:30	LOCAL 7:15	YOGA 10:15	TREINO FUNCIONAL 7:15	ZUMBA 10:00	
LOCAL 12:55	YOGA 10:15	EXPRESS ABS 9:50	SPIN 12:55	PILATES 10:15	PILATES 10:50	
TOTAL CONDICIONA. 17:15	HIIT 12:55	TOTAL CONDICIONA. 12:55	KRAV MAGA KIDS 18:15	PILATES /RPG 12:55	KICKBOXING 11:00	
PILATES 18:15	EXPRESS ABS 16:00	EXPRESS ABS 16:00	PUMP 18:30	EXPRESS ABS 16:00	DANCE KIDS 11:00	
SPIN 19:00	LOCAL 18:30	SPIN 16:45	KRAV MAGA 19:10	KARATÉ 18:15	KICKBOXING KIDS 11:45	
YOGA 19:10	KARATÉ 18:30	GAP 18:15	SPIN 19:20	LOCAL 18:15	DANCE KIDS 11:45	
ZUMBA 19:15	RUNNING 19:00	TRX 18:30	TOTAL CONDICIONA. 19:20	BALLET 18:30		
TOTAL CONDICIONA. 20:00	STEP 19:20	JUMP 19:10	PILATES 20:15	KARATÉ 19:00		
PILATES 20:15	KRAV MAGA 19:30	SPIN 19:10		SPIN 19:05		
	KICKBOXING 20:15	ZUMBA 19:30		BALLET 19:15		
	SPIN 20:15	YOGA 20:00				
		TOTAL POWER 20:00				

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