




















| Horário      | Segunda   | Terça   | Quarta  | Quinta   | Sexta   | Sábado               |
|--------------|---|---|---|--|---|----------------------|
| <b>MANHÃ</b> |   |   |   |  |   |                      |
| 06:30        |   | MUAY THAI   |   | MUAY THAI  |   |                      |
| 07:00        | JIU-JITSU   |   | JIU-JITSU   |  |   |                      |
| 07:10        |   | ABDOME  |   | ABDOME   |   |                      |
| 07:30        |   |    |   |    |   |                      |
| 08:30        | Bike  | PILATES   | JUMP  | PILATES  |   |                      |
| 09:00        |   |   |   |  | Bike  |                      |
| 09:15        | GAP   |   | Alongamento   |  |   |                      |
| 09:30        |   | Bike  |   | Bike   |   |                      |
| 10:00        |   |   |   |  |    |                      |
| 11:00        |   |   |   |  |   | AULA GINÁSTICA       |
| 11:00        |   |   |   |  |   | JIU-JITSU SUBMISSION |
| 12:00        |   |   |   |  |   | AULA GINÁSTICA       |
| 13:00        |   |   |   |  |   | MUAY THAI            |
| <b>TARDE</b> |   |   |   |  |   |                      |
| 13:30        | BOXE  |   | BOXE  |  | BOXE  |                      |
| 15:00        | BIKE  |   | BIKE  |  | BIKE  |                      |
| 15:30        |   |   |   |   |   |                      |
| 15:45        | ABDOME  |   | ABDOME  |  | ABDOME  |                      |
| 16:00        | GAP   |   | GAP   |  | BOTTON  |                      |
| 16:30        | ALONG   | ALONG   | ALONG   | ALONG  | ALONG   |                      |
| 17:00        |   | JIU-JITSU   |   | JIU-JITSU  |   |                      |
| 17:30        |   |   |   |  | ALONG   |                      |
| <b>NOITE</b> |   |   |   |  |   |                      |
| 18:00        | GAP   | ALONG   | GAP   | ALONG  | ABDOME  |                      |
| 18:00        |   | JUMP  |   | JUMP   |   |                      |
| 18:30        | ALONG   |   | ALONG   |  |  |                      |
| 18:30        |  |  |  |  | PILATES   |                      |
| 18:45        |   | RITMIX  |   | RITMIX   |   |                      |
| 19:00        | ABDOME  |   | ABDOME  |  |   |                      |
| 19:00        |   | BOXE  |   | BOXE   |   |                      |
| 19:00        | PILATES   |   | PILATES   |  |   |                      |
| 19:15        |   | ABDOME  |   | ABDOME   |   |                      |
| 19:30        |  |   |  |  | GAP   |                      |
| 19:30        |   |  |   |  |  |                      |
| 19:30        | BIKE  | BIKE  | BIKE  | BIKE   | BOXE  |                      |
| 19:45        |   |  |   |  |   |                      |
| 20:00        | MUAY THAI   | JIU-JITSU   | MUAY THAI   | JIU-JITSU  |   |                      |
| 20:00        |  |   |  |  |   |                      |
| 20:30        | BIKE  | BIKE  | BIKE  | BIKE   | BIKE  |                      |

\*\* As aulas podem ser modificadas sem prévio aviso.

14/11/2011