

	2 - FEIRA	3 - FEIRA	4 - FEIRA	5 - FEIRA	6 - FEIRA
07h00	LOCAL FIT 60'	HIIT 30' GAP 30'	LOCAL FIT 60'	HIIT 30' GAP 30'	LOCAL FIT 60'
08h00	LOCAL FIT 60'		LOCAL FIT 60'		LOCAL FIT 60'
16h00	LOCAL FIT 60'	HIIT 30' GAP 30'	LOCAL FIT 60'	HIIT 30' GAP 30'	

PLANO TOTAL FIT



Prof. Lúcia Rosa