

2 - FEIRA

3 - FEIRA

4 - FEIRA

5 - FEIRA

6 - FEIRA

08h00

PILATES 60'

CROSS TRAINING 60'

PILATES 60'

CROSS TRAINING 60'

PILATES 60'

09h00

CIRCUITO FUNCIONAL 60'

CIRCUITO FUNCIONAL 60'

AULAS COLETIVAS BIG



18h00

CIRCUITO FUNCIONAL 60'

ALONGAMENTO 40'
ABDOMINAL 20'

CIRCUITO FUNCIONAL 60'

ALONGAMENTO 40'
ABDOMINAL 20'

19h00

CROSS TRAINING 60'

CROSS TRAINING 60'

CROSS TRAINING 60'