

MAPA DE AULAS *CANTANHEDE*

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:05	 CROSS TRAINING 45'	 CYCLING 45'	 BODYSTEP 45'	 PILATES 45'	 CYCLING 45'		
08:00	 XPRESS ABS 15'	 XPRESS CROSS TRAINING 15'	 XPRESS ABS 15'	 XPRESS HITT 15'	 XPRESS ABS 15'		
09:00	 XPRESS HITT 15'	 XPRESS GP 15'	 XPRESS CROSS TRAINING 15'	 XPRESS GP 15'	 XPRESS HITT 15'		
10:00	 BODYPUMP 45'	 PILATES 45'	 POWERJUMP 45'	 LOCALIZADA 45'	 LOCALIZADA 45'	 BODYBALANCE 45'	 XPRESS CROSS TRAINING 15'
11:00	 XPRESS GP 15'	 XPRESS ABS 15'	 XPRESS HITT 15'	 XPRESS ABS 15'	 XPRESS ABS 15'	 CYCLING 45'	 XPRESS ABS 15'
12:45	 CYCLING 30'	 POWERJUMP 30'	 CYCLING 30'	 PILATES 30'	 GP 30'		

16:00	 XPRESS ABS 15'	 XPRESS GP 15'	 XPRESS CROSS TRAINING 15'	 XPRESS ABS 15'	 XPRESS GP 15'	 XPRESS CROSS TRAINING 15'
17:00	 XPRESS HITT 15'	 XPRESS ABS 15'	 XPRESS GP 15'	 XPRESS HITT 15'	 XPRESS CROSS TRAINING 15'	 XPRESS ABS 15'
17:45	 CROSS TRAINING 30'	 LOCALIZADA 30'	 ABS 30'	 BODYATTACK 30'	 PILATES 30'	
18:30	 PILATES 45'	 BODYPUMP 45'	 LOCALIZADA 45'	 BODYSTEP 45'	 BODYBALANCE 45'	 CYCLING 45'

19:30	 LOCALIZADA 45'	 POWERJUMP 45'	 ZUMBA 45'	 POWERJUMP 45'	 BODYPUMP 45'
	 CYCLING 45'	 CYCLING 45'	 CYCLING 45'	 CYCLING 45'	
20:30	 ABS 30'	 PILATES 30'	 BODYATTACK 30'	 LOCALIZADA 30'	 ZUMBA 30'
21:00	 XPRESS CROSS TRAINING 15'	 XPRESS ABS 15'	 XPRESS GP 15'	 XPRESS CROSS TRAINING 15'	 XPRESS ABS 15'

 AULAS DE TONIFICAÇÃO  AULAS DE CARDIO  AULAS DE BODY & MIND  AULAS DE CARDIO & TONIFICAÇÃO

HORÁRIO DE FUNCIONAMENTO

SEGUNDA A SEXTA 07:00H ÀS 22:00
SÁBADO E FERIADOS 09:00H ÀS 19:00
DOMINGO 09:00H ÀS 13:00H

RESERVA DE AULAS

ATRAVÉS DA
APP SPORTS GO
QUIOSQUE NO GINÁSIO