

MAPA DE AULAS *OLIVEIRA DO BAIRRO*

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

16:00	XPRESS HITT 15'	XPRESS ABS 15'	XPRESS CROSS TRAINING 15'	XPRESS ABS 15'	XPRESS GP 15'	XPRESS ABS 15'
17:00	XPRESS ABS 15'	XPRESS CROSS TRAINING 15'	XPRESS HITT 15'	XPRESS CROSS TRAINING 15'	XPRESS ABS 15'	XPRESS CROSS TRAINING 15'
17:45	GP 30'	ABS 30'	CROSS TRAINING 30'	ABS 30'	PILATES 30'	
18:30	BODYSTEP 45'	PILATES 45'	ZUMBA 45'	CROSS TRAINING 45'	LOCALIZADA 45'	
	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'	
19:30	BODYBALANCE 45'	LOCALIZADA 45'	BODYBALANCE 45'	LOCALIZADA 45'	ZUMBA 45'	
	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'	CYCLING 45'	
20:30	PILATES 30'	GP 30'	BODYSTEP 30'	PILATES 45'		
21:00	XPRESS CROSS TRAINING 15'	XPRESS ABS 15'	XPRESS CROSS TRAINING 15'	XPRESS ABS 15'	XPRESS HITT 15'	

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

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