

CRONOGRAMA DE AULAS COLETIVAS														
SALA	INÍCIO	FIM	SEGUNDA	PRO	TERÇA	PRO	QUARTA	PRO	QUINTA	PRO	SEXTA	PRO	SÁBADO	PRO
SALA CYCLE	MANHÃ													
	6:00	6:45	SPIVI	BAL			RPM	BAL			SPIVI	BAL		
	7:10	8:55			RPM	JEA			SPINNING	JEA				
	8:10	8:55	SPIVI	BAL			RPM	BA					SPINNING	JEA
	9:10	9:55			RPM	JEA			SPINNING	JEA				
	10:25	11:10											RPM	EDU
	NOITE													
	17:20	18:05	SPINNING	DAV			SPIVI	DAV			RPM	DAV		
	19:00	19:45			RPM	EDU			RPM	EDU				
SALA 4	MANHÃ													
	6:00	6:45	BALANCE	LAN			BALANCE	LAN						
	6:00	6:30			ALONGAMENTO	OZI			ALONGAMENTO	OZI				
	6:40	7:20			LOCAL	OZI			LOCAL	OZI				
	7:10	7:55	PUMP	BAL			PUMP	BAL			PUMP	BAL		
	7:30	8:00			ALONGAMENTO	OZI			ALONGAMENTO	OZI				
	8:10	8:55	FITBALL	TON	YOGA	CAO	FITBALL	TON	YOGA	CAO	BALANCE	LAN		
	9:10	9:55	RITMOS	DAV			ZUMBA	AND			FESTRIT	DAV	PUMP	CLA
	10:10	10:55			FESTRIT	HAL			RITMOS	HAL			FESTRIT	AND
	TARDE													
	16:10	16:55							STEP	OZI				
	NOITE													
	17:10	17:55	RITMOS	AND	PUMP	CLA	FESTRIT	AND	PUMP	CLA	ZUMBA	AND		
	18:10	18:55	JUMP	CLA	FESTRIT	DAV	JUMP	CLA	RITMOS	DAV				
19:10	19:55	PUMP	LAN			PUMP	LAN							
20:10	20:55	MUAY THAI	LAN	ZUMBA	AND	MUAY THAI	LAN	FESTRIT	AND					