

SALA CYCLE

		SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
6:10	6:55	SPINNING (Balboa)		SPINNING (Balboa)		SPINNING (Balboa)	
7:10	7:55	RPM (KLEBER)	RPM (Jean)	RPM (KLEBER)	RPM (Jean)	RPM (KLEBER)	
7:30	8:15						RPM 60' (Jean)
8:10	8:55	SPINNING (Balboa)	RPM (Jean)	SPINNING (Balboa)	RPM (Jean)	SPINNING (Ton)	
10:10	10:55						SPINNING (KLEBER)
17:20	18:05	SPINNING (David Cruz)		SPINNING (David Cruz)		RPM (David Cruz)	
19:10	19:55		RPM (KLEBER)		RPM (KLEBER)		

SALAS 03 e 04

		SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
05:30	06:00		CIRCUITO (Alysson – SL 03)		CIRCUITO (Alysson – SL 03)		
6:10	6:55	BALANCE (Landerson)		BALANCE (Landerson)			
6:00	6:30		ALONGAMENTO (Ozivan)		ALONGAMENTO (Ozivan)	CIRCUITO (Alysson – SL 03)	
6:40	7:20		LOCAL (Ozivan)		LOCAL (Ozivan)		
7:10	7:55	PUMP (Balboa)		PUMP (Balboa)		PUMP (Balboa)	
7:30	8:00		ALONGAMENTO (Ozivan)		ALONGAMENTO (Ozivan)		
8:10	8:55	FITBALL (Ton)		FITBALL (Ton)		BALANCE (Landerson)	
8:30	9:15		DANÇA DE SALÃO (André)		DANÇA DE SALÃO (André)		
9:10	9:55	RITMOS (David)		ZUMBA (André)		RITMOS (David)	PUMP (Claudio)
10:10	10:55		RITMOS (Haly)		RITMOS (Haly)		RITMOS (André)
15:10	15:30	ALONGAMENTO (KLEBER)		ALONGAMENTO (KLEBER)			
15:30	15:55	GAP (KLEBER)		GAP (KLEBER)			
16:10	16:55	FITBALL (KLEBER)		FITBALL (KLEBER)	STEP (Ozivan)		
17:10	17:55	RITMOS (André)	PUMP (Claudio)	RITMOS (André)	PUMP (Claudio)	RITMOS (André)	
18:10	18:55	JUMP (Claudio)	RITMOS (David)	JUMP (Claudio)	RITMOS (David)	STEP (Claudio)	
19:10	19:55	PUMP (Landerson)		PUMP (Landerson)			
19:30	20:00		CIRCUITO (Matheus - SL 03)		CIRCUITO (Matheus – SL 03)		
20:10	20:55	BALANCE (Landerson)	ZUMBA (André)	BALANCE (Landerson)	RITMOS (André)		