



SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA		SÁBADO	
LOCALIZADA		MUAY THAI		LOCALIZADA		MUAY THAI		LOCALIZADA		BIKE*	
7h15 45'	Lara Wellness	7h00 60'	Rodrigo Arena	7h15 45'	Lara Wellness	7h00 60'	Rodrigo Arena	7h15 45'	Lara Wellness	9h15 45'	Eq. Fitness Experience
RPM		MAT PILATES		RPM		MAT PILATES		RPM		YOGA	
7h15 45'	Lincoln Experience	7h15 45'	Cintia Wellness	7h15 45'	Lincoln Experience	7h15 45'	Cintia Wellness	7h15 45'	Lincoln Experience	10h00 60'	Eq. Yoga
YOGA		FITDANCE		YOGA		FITDANCE		YOGA		AULA DO PROFESSOR*	
8h00 60'	Celso Wellness	8h00 45'	Taliane Wellness	8h00 60'	Celso Wellness	8h00 45'	Taliane Wellness	8h00 60'	Celso Wellness	10h15 45'	Eq. Fitness
FUNCIONAL		SPINNING		FUNCIONAL		SPINNING		FUNCIONAL		MUAY THAI	
08h15 45'	Mari Sensation	08h15 45'	Cintia Experience	08h15 45'	Mari Sensation	08h15 45'	Cintia Experience	08h15 45'	Mari Sensation	10h30 60'	Eq. Lutas Arena
RITMOS		ALONGAMENTO		RITMOS		ALONGAMENTO		RITMOS		ALONGAMENTO	
8h15 45'	Lara Evolution	8h30 30'	Marcos Evolution	8h15 45'	Lara Evolution	8h30 30'	Marcos Evolution	8h15 45'	Lara Evolution	11h00 30'	Eq. Fitness
RUNNING		GINÁSTICA NATURAL		RUNNING		GINÁSTICA NATURAL		POSTURAL		CORE	
9h05 30'	Mari Cardio	09h00 45'	Emy Arena	9h05 30'	Mari Cardio	09h00 45'	Emy Arena	9h05 40'	Lara Wellness	11h30 30'	Eq. Fitness
POSTURAL		DANCE		POSTURAL		DANCE		INNER FIGHT			
9h05 40'	Lara Wellness	9h15 45'	Cintia Wellness	9h05 40'	Lara Wellness	9h15 45'	Cintia Wellness	9h00 45'	Lincoln Evolution		
FUNCIONAL		POSTURAL		FUNCIONAL		POSTURAL		FUNCIONAL			
9h45 30'	Marcos Wellness	10h05 45'	Cintia Wellness	9h45 30'	Marcos Wellness	10h05 45'	Cintia Wellness	9h45 30'	Marcos Wellness		

MAT PILATES	
14h00 45'	Cintia Wellness
SPINNING	
15h00 45'	Cintia Experience
POSTURAL	
16h00 45'	Cintia Wellness

MAT PILATES	
14h00 45'	Cintia Wellness
SPINNING	
15h00 45'	Cintia Experience
POSTURAL	
16h00 45'	Cintia Wellness

*Modalidade alternada de acordo com a especialidade do professor em escala

ALTA QUEIMA CALÓRICA

NEUROMUSCULAR

POSTURAL E ALONGAMENTO

MASTER CHOICE

DANÇAS

LUTAS

ATUALIZAÇÃO: 24/02/25

**FITNESS**

Tarde e Noite

SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA	
FUNCIONAL		SPINNING		LIBERAÇÃO MIOFASCIAL		SPINNING		FUNCIONAL	
16h15 30'	Rodrigo Funcional	16h30 45'	Mariana Experience	16h15 30'	Rodrigo Evolution	16h30 45'	Mariana Experience	16h10 30'	Rodrigo Funcional
ALONGAMENTO		POWER JUMP		ALONGAMENTO		POWER JUMP		MAT PILATES	
17h00 30'	Rodrigo Evolution	17h30 45'	Mariana Evolution	17h00 30'	Rodrigo Evolution	17h30 45'	Mariana Evolution	16h45 45'	Rodrigo Wellness
CORE		BODY PUMP		CORE		BODY PUMP		LIBERAÇÃO MIOFASCIAL	
17h30 20'	Rodrigo Evolution	18h20 45'	Lincoln Wellness	17h30 20'	Rodrigo Evolution	18h20 45'	Lincoln Wellness	17h30 20'	Rodrigo Wellness
STEP INTERM.		MAT PILATES		STEP INTERM.		MAT PILATES		JAZZ	
18h15 45'	Rodrigo Wellness	18h30 45'	Mariana Evolution	18h15 45'	Rodrigo Wellness	18h30 45'	Mariana Evolution	17h30 45'	Taliane Evolution
MUAY THAI		BOXE		MUAY THAI		BOXE		SPINNING	
18h15 60'	Elisangela Arena	19h00 60'	Mario Arena	18h15 60'	Elisangela Arena	19h00 60'	Mario Arena	18h00 45'	Rodrigo Experience
BALLET ADULTO		FITDANCE		BALLET ADULTO		FITDANCE		BALLET ADULTO	
18h30 45'	Taliane Evolution	19h15 45'	Taliane Wellness	18h30 45'	Taliane Evolution	19h15 45'	Taliane Wellness	18h15 45'	Taliane Evolution
GINÁSTICA NATURAL		INNER CYCLE		GINÁSTICA NATURAL		INNER CYCLE		MUAY THAI	
19h05 45'	Marcelo Sensation	19h15 45'	Lincoln Experience	19h05 45'	Marcelo Sensation	19h15 45'	Lincoln Experience	19h00 60'	Rodrigo Arena
SPINNING		RUNNING		SPINNING		CIRCO ADULTO		FUNCIONAL	
19h10 45'	Rodrigo Experience	19h20 35'	Mariana Cardio	19h10 45'	Rodrigo Experience	19h15 60'	Gabriel Sensation	19h00 45'	Rodrigo Funcional
YOGA		JIU JITSU		YOGA		RUNNING			
19h30 60'	Celso Wellness	20h00 90'	Mario Arena	19h30 60'	Simone Wellness	19h20 35'	Mariana Cardio		
JIU JITSU		ZUMBA		JIU JITSU		JIU JITSU			
20h00 90'	Marcelo Arena	20h15 45'	Lincoln Evolution	20h00 90'	Marcelo Arena	20h00 90'	Mario Arena		
		SUPERIOGA				ZUMBA			
		20h15 60'	Eduardo Wellness			20h15 45'	Lincoln Evolution		
						SUPERIOGA			
						20h15 60'	Eduardo Wellness		

ALTA QUEIMA CALÓRICA

NEUROMUSCULAR

POSTURAL E ALONGAMENTO

MASTER CHOICE

DANÇAS

LUTAS

ATUALIZAÇÃO: 24/02/25

LES MILLS
BODYPUMP**LES MILLS**
RPM*fit*
dance **ZUMBA®** **POWER JUMP**