



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		JIU JITSU		FUNCIONAL		JIU JITSU		FUNCIONAL		MUAY THAI	
08h15 45'	Kethelyn Sensation	8h00 60'	Emy Arena	08h15 45'	Mari Sensation	8h00 60'	Emy Arena	08h15 45'	Kethelyn Sensation	10h30 60'	Eq. Lutas Arena
RITMOS		SPINNING		RITMOS		SPINNING		RITMOS		ALONGAMENTO	
8h15 45'	Lara Evolution	08h15 45'	Cintia Experience	8h15 45'	Lara Evolution	08h15 45'	Cintia Experience	8h15 45'	Lara Evolution	11h00 30'	Eq. Fitness
RUNNING		ALONGAMENTO		RUNNING		ALONGAMENTO		RUNNING		CORE	
9h10 30'	Kethelyn Cardio	8h30 30'	Marcos Evolution	9h10 30'	Kethelyn Cardio	8h30 30'	Marcos Evolution	9h10 30'	Kethelyn Cardio	11h30 30'	Eq. Fitness
POSTURAL		GINÁSTICA NATURAL		POSTURAL		GINÁSTICA NATURAL		POSTURAL			
9h05 40'	Lara Wellness	09h00 45'	Emy Arena	9h05 40'	Lara Wellness	09h00 45'	Emy Arena	9h05 40'	Lara Wellness		
FUNCIONAL		DANCE		FUNCIONAL		DANCE		INNER FIGHT			
9h50 30'	Marcos Wellness	9h15 45'	Cintia Wellness	9h50 30'	Marcos Wellness	9h15 45'	Cintia Wellness	9h00 45'	Lincoln Sensation		
		POSTURAL				POSTURAL		FUNCIONAL			
		10h00 45'				10h05 45'		09h50 30'			
		Cintia Wellness				Cintia Wellness		Marcos Wellness			

MAT PILATES		MAT PILATES	
14h00 45'	Cintia Wellness	14h00 45'	Cintia Wellness
SPINNING		ALONGAMENTO	
15h00 45'	Cintia Experience	15h15 30'	Salva Evolution
POSTURAL		POSTURAL	
16h00 45'	Cintia Wellness	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: 04/08/25

**FITNESS**

Tarde e Noite

SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA	
FUNCIONAL		SPINNING		LIBERAÇÃO MIOFASCIAL		SPINNING		FUNCIONAL	
16h00 30'	Rodrigo Funcional	16h30 45'	Mariana Experience	16h00 30'	Rodrigo Evolution	16h30 45'	Mariana Experience	16h10 30'	Rodrigo Funcional
ALONGAMENTO		POWER JUMP		ALONGAMENTO		POWER JUMP		MAT PILATES	
16h45 30'	Rodrigo Evolution	17h30 45'	Mariana Evolution	16h45 30'	Rodrigo Evolution	17h30 45'	Mariana Evolution	16h45 45'	Rodrigo Wellness
CORE		BODY PUMP		CORE		BODY PUMP		LIBERAÇÃO MIOFASCIAL	
17h15 20'	Rodrigo Evolution	18h20 45'	Lincoln Wellness	17h15 20'	Rodrigo Evolution	18h20 45'	Lincoln Wellness	17h30 20'	Rodrigo Wellness
RUNNING HIIT		MAT PILATES		RUNNING HIIT		MAT PILATES		JAZZ	
17h40 20'	Rodrigo Cardio	18h30 45'	Mariana Evolution	17h40 20'	Rodrigo Cardio	18h30 45'	Mariana Evolution	17h30 45'	Taliane Evolution
MAT PILATES		BOXE		MAT PILATES		BOXE		SPINNING	
17h40 30'	Cintia Evolution	19h00 60'	Mario Arena	17h40 30'	Cintia Evolution	19h00 60'	Mario Arena	18h00 45'	Rodrigo Experience
STEP INTERM.		FITDANCE		STEP INTERM.		FITDANCE		BALLET - INICIANTE	
18h10 45'	Rodrigo Wellness	19h15 45'	Eduarda Wellness	18h10 45'	Rodrigo Wellness	19h15 45'	Eduarda Wellness	18h15 45'	Taliane Evolution
MUAY THAI		INNER CYCLE		MUAY THAI		INNER CYCLE		MUAY THAI	
18h15 60'	Elisangela Arena	19h15 45'	Lincoln Experience	18h15 60'	Elisangela Arena	19h15 45'	Lincoln Experience	19h00 60'	Rodrigo Arena
SPINNING HIIT		RUNNING		SPINNING HIIT		CIRCO ADULTO		FUNCIONAL	
18h20 30'	Cintia Experience	19h20 35'	Mariana Cardio	18h20 30'	Cintia Experience	19h20 60'	Gabriel Sensation	19h00 45'	Rodrigo Funcional
BALLET - INTERMEDIÁRIO		JIU JITSU		BALLET - INICIANTE		RUNNING		DANÇA DO VENTRE	
18h30 45'	Taliane Evolution	20h00 90'	Mario Arena	18h30 45'	Taliane Evolution	19h20 35'	Mariana Cardio	19h15 45'	Priscila Evolution
STEP INICIANTE		ALONGAMENTO		STEP INICIANTE		JIU JITSU			
18h55 30'	Cintia Wellness	20h15 45'	Lincoln Evolution	18h55 30'	Cintia Wellness	20h00 90'	Mario Arena		
SPINNING		SUPERIOGA		SPINNING		ALONGAMENTO			
19h10 45'	Rodrigo Experience	20h15 60'	Eduardo Wellness	19h10 45'	Rodrigo Experience	20h15 45'	Lincoln Evolution		
GINÁSTICA NATURAL				GINÁSTICA NATURAL		SUPERIOGA			
19h20 45'	Marcelo Arena			19h20 45'	Marcelo Arena	20h15 60'	Eduardo Wellness		
YOGA				DANÇA DO VENTRE					
19h30 60'	Priscila Wellness			19h30 45'	Priscila Evolution				
JIU JITSU				YOGA					
20h10 90'	Marcelo Arena			19h30 60'	Simone Wellness				
				JIU JITSU					
				20h10 90'	Marcelo Arena				

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MASTER CHOICE

DANÇAS

LUTAS

ATUALIZAÇÃO: 04/08/25

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