



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	7h10 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		PICKLEBALL (60+)		AULA DO PROFESSOR*	
8h00 60'	Celso Wellness	8h00 45'	Taliane Evolution	8h00 60'	Celso Wellness	8h00 45'	Taliane Evolution	8h00 60'	Lara Sports	10h15 45'	Eq. Fitness
RITMOS		JIU JITSU		RITMOS		JIU JITSU		YOGA		MUAY THAI	
8h15 45'	Lara Evolution	8h00 60'	Marcello Arena	8h15 45'	Lara Evolution	8h00 60'	Marcello Arena	8h00 60'	Celso Wellness	10h30 60'	Eq. Lutas Arena
RUNNING		SPINNING		RUNNING		SPINNING		JIU JITSU MASTER		ALONGAMENTO	
9h10 30'	Kethelyn Cardio	8h15 45'	Cintia Experience	9h10 30'	Kethelyn Cardio	8h15 45'	Cintia Experience	9h00 60'	Marcello Arena	11h00 30'	Eq. Fitness
POSTURAL		ALONGAMENTO		POSTURAL		ALONGAMENTO		POSTURAL		CORE	
9h05 40'	Lara Wellness	8h30 30'	Marcos Wellness	9h05 40'	Lara Wellness	8h30 30'	Marcos Wellness	9h05 40'	Lara Wellness	11h30 30'	Eq. Fitness
FUNCIONAL		GINÁSTICA NATURAL		FUNCIONAL		GINÁSTICA NATURAL		RUNNING			
9h50 30'	Marcos Wellness	09h00 45'	Marcello Arena	9h50 30'	Marcos Wellness	09h00 45'	Marcello Arena	9h10 30'	Kethelyn Cardio		
		DANCE				DANCE		FUNCIONAL			
		9h15 45'	Cintia Wellness			9h15 45'	Cintia Wellness	09h50 30'	Marcos Wellness		
		POSTURAL				POSTURAL					
		10h00 45'	Cintia Wellness			10h05 45'	Cintia Wellness				
MAT PILATES				MAT PILATES							
14h00 45'	Cintia Wellness			14h00 45'	Cintia Wellness						
SPINNING		YOGA		SPINNING		YOGA					
15h00 45'	Cintia Experience	15h00 60'	Evellyn Wellness	15h00 45'	Cintia Experience	15h00 60'	Evellyn Wellness				
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: 02/02/26





SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA	
FUNCIONAL		SPINNING		FUNCIONAL		SPINNING		FUNCIONAL	
16h00 30'	Rodrigo Funcional	17h00 45'	Lincoln Experience	16h00 30'	Rodrigo Evolution	17h00 45'	Lincoln Experience	16h10 30'	Rodrigo Funcional
ALONGAMENTO		POWER JUMP		ALONGAMENTO		POWER JUMP		MAT PILATES	
16h45 30'	Rodrigo Evolution	17h30 45'	Claudia Evolution	16h45 30'	Rodrigo Evolution	17h30 45'	Claudia 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'	Claudia Evolution	17h40 20'	Rodrigo Cardio	18h30 45'	Claudia 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.		SUPERIOGA		STEP INTERM.		SUPERIOGA		BALLET - INICIANTE	
18h10 45'	Rodrigo Wellness	19h15 60'	Eduardo Evolution	18h10 45'	Rodrigo Wellness	19h15 60'	Eduardo Evolution	18h15 45'	Taliane Evolution
MUAY THAI		FITDANCE		MUAY THAI		FITDANCE		MUAY THAI	
18h15 60'	Elisangela Arena	19h15 45'	Eduarda Wellness	18h15 60'	Elisangela Arena	19h15 45'	Eduarda Wellness	19h00 60'	Rodrigo Arena
SPINNING HIIT		INNER CYCLE		SPINNING HIIT		INNER CYCLE		FUNCIONAL	
18h20 30'	Cintia Experience	19h15 45'	Lincoln Experience	18h20 30'	Cintia Experience	19h15 45'	Lincoln Experience	19h00 45'	Rodrigo Funcional
BALLET - INTERMEDIÁRIO		RUNNING		BALLET - INICIANTE		RUNNING		DANÇA DO VENTRE	
18h30 45'	Taliane Evolution	19h20 35'	Claudia Cardio	18h30 45'	Taliane Evolution	19h20 35'	Claudia Cardio	19h05 45'	Priscila Evolution
STEP INICIANTE		JIU JITSU		STEP INICIANTE		JIU JITSU			
18h55 30'	Cintia Wellness	20h00 90'	Mario Arena	18h55 30'	Cintia Wellness	20h00 90'	Mario Arena		
SPINNING		ALONGAMENTO		SPINNING		ALONGAMENTO			
19h10 45'	Rodrigo Experience	20h10 45'	Claudia Evolution	19h10 45'	Rodrigo Experience	20h10 45'	Claudia Evolution		
GINÁSTICA NATURAL				GINÁSTICA NATURAL					
19h20 45'	Marcelo Arena			19h20 45'	Marcelo Arena				
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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