



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 Wellness
YOGA		FITDANCE		YOGA		FITDANCE		YOGA		AULA DO PROFESSOR*	
8h00 60'	Celso Wellness	8h00 45'	Taliane Evolution	8h00 60'	Celso Wellness	8h00 45'	Taliane Evolution	8h00 60'	Celso Wellness	10h15 45'	Eq. Fitness Evolution
CORE		JIU JITSU		CORE		JIU JITSU		CORE		ALONGAMENTO	
8h10 20'	Lara Evolution	8h00 90'	Emy Arena	8h10 20'	Lara Evolution	8h00 90'	Emy Arena	8h10 20'	Lara Sensation	11h00 30'	Eq. Fitness Wellness
ALONGAMENTO		SPINNING		ALONGAMENTO		SPINNING		ALONGAMENTO		CORE	
8h30 30'	Lara Evolution	8h15 45'	Cintia Experience	8h30 30'	Lara Evolution	8h15 45'	Cintia Experience	8h30 30'	Lara Sensation	11h30 30'	Eq. Fitness Wellness
POSTURAL		ALONGAMENTO		POSTURAL		ALONGAMENTO		JIU JITSU MASTER			
9h05 40'	Lara Wellness	8h30 30'	Marcos Wellness	9h05 40'	Lara Wellness	8h30 30'	Marcos Wellness	9h00 60'	Marcello Arena		
RUNNING		DANCE		RUNNING		DANCE		POSTURAL			
9h10 30'	Kethelyn Cardio	9h15 45'	Cintia Wellness	9h10 30'	Kethelyn Cardio	9h15 45'	Cintia Wellness	9h05 40'	Lara Wellness		
FUNCIONAL		POSTURAL		FUNCIONAL		POSTURAL		RUNNING			
9h50 30'	Marcos Wellness	10h05 45'	Cintia Wellness	9h50 30'	Marcos Wellness	10h05 45'	Cintia Wellness	9h10 30'	Kethelyn Cardio		
								FUNCIONAL			
								10h00 30'		Marcos Wellness	

MAT PILATES		MAT PILATES	
14h00 45'	Cintia Wellness	14h00 45'	Cintia Wellness
SPINNING		YOGA	
15h00 45'	Cintia Experience	15h00 60'	Evelyn 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: 07/09/26

**FITNESS**

Tarde e Noite

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

ALTA QUEIMA CALÓRICA

NEUROMUSCULAR

POSTURAL E ALONGAMENTO

MASTER CHOICE

DANÇAS

LUTAS

ATUALIZAÇÃO: 07/09/26

LES MILLS
BODY PUMP**LES MILLS**
RPM**fit**
dance **ZUMBA®**