

# MAPA DE AULAS

Lavra

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
08:00H	PILATES APARELHOS		PILATES APARELHOS			
09:00H					ALONGAMENTOS	
09:30H	LOCAL	PILATES APARELHOS	CIRCUITO	PILATES		
09:50H					PILATES	
10:00H						PILATES APARELHOS
11:00H					RITMOS	
12:00H						
12:45H	PILATES APARELHOS CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'	
17:30H	PILATES APARELHOS			PILATES APARELHOS		
17:45H						
18:00H						
18:15H					PILATES	
18:30H	POWER YOGA	PILATES	YOGA	SPARTACUS		
18:40H						
19:15H					POWER FITNESS	
19:30H	HIIT	FITDANCE	PILATES APARELHOS	GAP		

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