

MAPA DE AULAS

Leça da Palmeira

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:10H	CIRCUITO EXPRESS 30'	PILATES APARELHOS	CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'		
07:15H	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'		
08:00H		PILATES APARELHOS	PILATES APARELHOS	PILATES APARELHOS			
08:30H	PILATES APARELHOS				PILATES APARELHOS		
09:00H		GAP	ALONGAMENTOS SPRINT 30'		CYCLING		
09:30H	CYCLING ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	LOWER BODY ABS EXPRESS 15'	ABS EXPRESS 15'		
10:00H		ZUMBA	BUMBUM BRASIL 30' PILATES	PILATES APARELHOS	YOGA CROSS COMBAT	ABS EXPRESS 15'	
10:15H		SPRINT 30'		UPPER BODY			
10:30H	PUMMP					LOCAL PILATES APARELHOS	ALONGAMENTOS
11:00H	PILATES	POWER FITNESS 30'	YOGA	ALONGAMENTOS	PILATES		ABS EXPRESS 15'
11:30H	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	CYCLING PILATES APARELHOS	
12:00H	JIU-JITSU	PILATES APARELHOS	JIU-JITSU	PILATES APARELHOS			
12:45H	CIRCUITO	PUMMP PILATES APARELHOS	LOCAL	CYCLING PILATES APARELHOS	POWER FITNESS	ABS EXPRESS 15'	
15:00H	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'		
16:00H	PILATES APARELHOS CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'	PILATES APARELHOS CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'	PILATES APARELHOS CIRCUITO EXPRESS 30'		
17:00H						PILATES APARELHOS	
17:30H		PILATES APARELHOS	PILATES APARELHOS	PILATES APARELHOS	PILATES APARELHOS		
18:00H	ABS EXPRESS 15' ALONGAMENTOS	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	ABS EXPRESS 15'	
18:30H	PILATES CYCLING LOCAL	PILATES APARELHOS CROSS COMBAT	ALONGAMENTOS PUMMP	PILATES APARELHOS LOCAL	YOGA CIRCUITO	CIRCUITO EXPRESS 30'	
19:30H	YOGA CYCLING GAP ABS EXPRESS 15'	PILATES SPRINT JIU-JITSU KIDS	PILATES APARELHOS CYCLING ABS EXPRESS 15'	PILATES HIIT ABS EXPRESS 15'	PILATES APARELHOS ZUMBA ABS EXPRESS 15'		
20:15H				JIU-JITSU KIDS			
20:30H	CIRCUITO EXPRESS 30' PILATES APARELHOS	CIRCUITO EXPRESS 30' JIU-JITSU	CIRCUITO EXPRESS 30' PILATES APARELHOS	CIRCUITO EXPRESS 30'	CIRCUITO EXPRESS 30'		
21:00H				JIU-JITSU			

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