



PROGRAMA II

HORÁRIO	SEG	TER	QUA	QUI	SEX
06:10	FIT BIKE	LOCAL GERAL	STEP + GLÚTEO	JUMP + ABDOMEM	PILATES SOLO
07:10	CIRCUITO	JUMP + ABDOMEM	FIT BIKE	LOCAL GERAL	LOCAL GERAL
17:10	CIRCUITO	STEP + GLÚTEO	LIFT	JUMP	LOCAL GERAL
18:10	LIFT	JUMP + ABDOMEM	AERO DANCE 20' + ABDOMEM	STEP + GLÚTEO	FIT BIKE
19:10	FIT BIKE (SALA DE BIKE)	MUAY THAI	FIT BIKE (SALA DE BIKE)	MUAY THAI	FIT BIKE
20:00	BOXE	RITMOS	BOXE	RITMOS	