

HORÁRIOS - UNIDADE MARCO

	SEG	TER	QUA	QUI	SEX
06:00					
6:15	TRX 45'	BIKE+ABS 60'	TRX 45'	BIKE+ABS 60'	TRX 45'
07:00	MAT PILATES 45'		MAT PILATES 45'		MAT PILATES 45'
07:15		BODY PUMP 45'		BODY PUMP 45'	
08:00	BALNESS 45'	MAT PILATES 45'	BALNESS 45'	MAT PILATES 45'	BALNESS 45'
08:00		BIKE 45'		BIKE 45'	
09:00	GAP 45'	ALONGAMENTO 45'	GAP 45'	ALONGAMENTO 45'	FIT DANCE 45'
10:00		RITMOS 45'		RITMOS 45'	
11:00	FIT DANCE 45'		FIT DANCE 45'		
12:15	BIKE 45'		BIKE 45'		BIKE 45'
15:00	FUNCIONAL KIDS 45'	MAT PILATES 45'	FUNCIONAL KIDS 45'	MAT PILATES 45'	
16:00	JIU-JITSU 60'	T. FUNCIONAL 45'	JIU-JITSU 60'	T. FUNCIONAL 45'	JIU-JITSU 60'
16:00	BODY PUMP 60'		BODY PUMP 60'		BODY PUMP 60'
17:00	FIT DANCE 45'	RITMOS 45'	FIT DANCE 45'	RITMOS 45'	FIT DANCE 45'
18:00	POWER JUMP 45'	BALNESS 45'	POWER JUMP 45'	BALNESS 45'	POWER JUMP 45'
19:00	MAT PILATES 45'	T. FUNCIONAL 45'	MAT PILATES 45'	T. FUNCIONAL 45'	
19:00	BIKE 45'	BIKE 45'	BIKE 45'	BIKE 45'	DANÇA DE SALÃO 90'
19:00		BOXE 60'		BOXE 60'	
19:15					MAT PILATES 45'
19:30	MUAY THAY 60'		MUAY THAY 60'		MUAY THAY 60'
19:45	MAT PILATES 45'		MAT PILATES 45'		
20:00	BIKE 45'	BODY PUMP 60'	BIKE 45'	BODY PUMP 60'	
20:00		DANÇA DE SALÃO 90'		DANÇA DE SALÃO 90'	
20:15					FIT DANCE 45'
20:30	FIT DANCE 45'	MMA 60'	FIT DANCE 45'	MMA 60'	JIU-JITSU 60'
21:00	JIU-JITSU 60'		JIU-JITSU 60'		JIU-JITSU 60'

Corrida de Rua

Unidade Umarizal (Wandenkolk) – Terça-Feira as 06h e 19h / Quinta-Feira as 06h e 19h.

Unidade Marco (Humaitá) – Segunda-Feira as 19h / Terça-Feira as 06h / Quarta-Feira as 19h / Quinta-Feira as 06h.

Unidade São Brás (Castelo) – Segunda-Feira e Quarta-Feira as 19h / Quarta-Feira e Sexta-Feira as 06h.

