GRECO FORMA

HORÁRIOS - UNIDADE UMARIZAL

	SEG	TER	QUA	QUI	SEX
06:00		CORRIDA DE RUA 60'		CORRIDA DE RUA 60'	
06:30	FUNCIONAL 45’		FUNCIONAL 45’		FUNCIONAL 45’
07:00	RITMOS 45’		RITMOS 45’		RITMOS 45’
07:15	BIKE 45’	MAT PILATES 45’	BIKE 45’	MAT PILATES 45’	BIKE 45’
07:30		BOXE 60’		BOXE 60’	
08:00	AULA DE HIIT		AULA DE HIIT		
08:15	MAT PILATES 45’	GAP 45’	MAT PILATES 45’	GAP 45’	MAT PILATES 45’
09:00		FIT DANCE 45’		FIT DANCE 45’	
10:00	GRECO CROSS 45’		GRECO CROSS 45’		
12:30	FUNCIONAL 45’ JIU JITSU 60’	JIU JITSU 60’	FUNCIONAL 45’	JIU JITSU 60’	FUNCIONAL 45’
15:00		FIT DANCE 45’		FIT DANCE 45’	
16:00		TRX 45’		TRX 45’	
17:00	FIT DANCE 45’				FIT DANCE 45’
17:30		GRECO CROSS 45’		GRECO CROSS 45’	
18:00	TRX 45’ BOXE 45’ JIU JITSU 60’	GAP JUMP 45’ JIU JITSU 60’	TRX 45’ BOXE 45’ JIU JITSU 60’	GAP JUMP 45’ JIU JITSU 60’	BOXE 45’ JIU JITSU 60’
18:15	BIKE 45’	MUAY THAI 45’	BIKE 45’	MUAY THAI 45’	BIKE 45’
18:30		BIKE EXPRESS 30’		BIKE EXPRESS 30’	
19:00	DANÇA DE SALÃO 60’ ABS+MOBILITY 45’ JIU JITSU 60’ AULA DE HIIT	RITMOS 45’ FUNCIONAL 45’ JIU JITSU 60’ AULA DE HIIT CORRIDA DE RUA 60’	DANÇA DE SALÃO 60’ ABS+MOBILITY 45’ JIU JITSU 60’ AULA DE HIIT	RITMOS 45’ FUNCIONAL 45’ JIU JITSU 60’ AULA DE HIIT CORRIDA DE RUA 60’	DANÇA DE SALÃO 60’
20:00	RITMOS 45’ GRECO CROSS 45’	MAT PILATES 45’	FIT DANCE 45’ GRECO CROSS 45’	MAT PILATES 45’	ABS+ALONGAMENTO 45’

Corrida de Rua

Umarizal (Wandenkolk) – Terça as 06h e 19h / Quinta as 06h e 19h.
Marco (Humaitá) – Segunda as 19h / Terça as 06h / Quarta as 19h / Quinta as 06h.
São Brás (Castelo) – Segunda e Quarta as 19h / Quarta e Sexta as 06h.

GRECO FORMA assessoria esportiva