

**GRECO FORMA**

*Os horários podem ter alterações quando necessário ou por algum evento adverso. Consulte sempre a sua unidade.

CASTELO			
HORÁRIO	SEGUNDA-FEIRA		
	AULA	PROFESSOR	TEMPO
06:00			
06:15			
07:00	ABS/ALONGAMENTO 60'	HELLEN ANDRADE	60'
07:30			
08:00			
08:30			
09:00	BIKE 60'	HELLEN ANDRADE	60'
09:30			
10:00			
12:15			
12:30			
15:00	GAP 60'	HELLEN ANDRADE	60'
16:00	FIT DANCE	FELIPE LIMA	60'
17:00	FUNCIONAL 60'	THÁIS ANDRADE	60'
18:00	FUNCIONAL 60'	THÁIS ANDRADE	60'
18:50			
19:00	MAT PILATES 60'	THÁIS ANDRADE	60'
	BIKE 60'	THIAGO CANTANHEDE	60'
19:45			
20:00	MAT PILATES 60'	THÁIS ANDRADE	60'
20:30			
21:00			

CASTELO			
HORÁRIO	TERÇA		
	AULA	PROFESSOR	TEMPO
06:00			
06:15	MAT PILATES 60'	MARCOS REIS	60'
07:00	BOXE 60'	NÍVEA LIMA	60'
07:30	RITMOS 60'	FELIPE LIMA	60'
08:00			
08:30	BALNESS 60'	THÁIS ANDRADE	60'
09:00			
09:30	MAT PILATES 60'	THÁIS ANDRADE	60'
10:00			
12:15			
12:30	FUNCIONAL 60'	VICTOR LOPES	60'
15:00	BALNESS 60'	THÁIS ANDRADE	60'
16:00	BIKE 60'	THIAGO CANTANHEDE	60'
17:00	FIT DANCE 60'	PEDRO BLACK	60'
18:00	ABS/ALONGAMENTO 60'	HELLEN ANDRADE	60'
18:50			
19:00	CORRIDA DE RUA	MAURÍCIO	
	FIT DANCE 60'	FELIPE LIMA	60'
19:45			
20:00	MUAY THAI 60'	NÍVEA LIMA	60'
20:30			
21:00	DANÇA DE SALÃO 60'	CAROLINE SFAIR	60'

CASTELO			
HORÁRIO	QUARTA		
	AULA	PROFESSOR	TEMPO
06:00			
06:15			
07:00	ABS/ALONGAMENTO 60'	HELLEN ANDRADE	60'
07:30			
08:00	ZUMBA	PATRICK MAGALHÃES	60'
08:30			
09:00	BIKE 60'	HELLEN ANDRADE	60'
09:30			
10:00	DANÇA DE SALÃO	CAROLINE SFAIR	60'
12:15			
12:30			
15:00	TRX 60'	JESSIANE LINDOSO	60'
16:00	FIT DANCE	FELIPE LIMA	60'
17:00	FUNCIONAL 60'	THÁIS ANDRADE	60'
18:00	FUNCIONAL 60'	THÁIS ANDRADE	60'
18:50			
19:00	BIKE 60'	THIAGO CANTANHEDE	60'
	MAT PILATES 60'	THÁIS ANDRADE	60'
19:45			
20:00	MAT PILATES 60'	THÁIS ANDRADE	60'
20:30			
21:00			

CASTELO			
HORÁRIO	QUINTA		
	AULA	PROFESSOR	TEMPO
06:00			
06:15	MAT PILATES 60'	MARCOS REIS	60'
07:00	BOXE 60'	NÍVEA LIMA	60'
07:30	RITMOS 60'	FELIPE LIMA	60'
08:00			
08:30	BALNESS 60'	THAÍS ANDRADE	60'
09:00			
09:30	MAT PILATES 60'	THAÍS ANDRADE	60'
10:00			
12:15			
12:30	FUNCIONAL 60'	VICTOR LOPES	60'
15:00	BALNESS 60'	THAÍS ANDRADE	60'
16:00	BIKE 60'	THIAGO CANTANHEDE	60'
17:00	FIT DANCE 60'	PEDRO BLACK	60'
18:00	ABS/ALONGAMENTO 60'	HELLEN ANDRADE	60'
18:50			
19:00	CORRIDA DE RUA	MAURÍCIO	
	FIT DANCE 60'	FELIPE LIMA	60'
19:45			
20:00	MUAY THAI 60'	NÍVEA LIMA	60'
20:30			
21:00	DANÇA DE SALÃO 60'	CAROLINE SFAIR	60'

CASTELO			
HORÁRIO	SEXTA		
	AULA	PROFESSOR	TEMPO
06:00			
06:15			
07:00	ABS/ALONGAMENTO 60'	HELLEN ANDRADE	60'
07:30			
08:00	ZUMBA	PATRICK MAGALHÃES	60'
08:30			
09:00	DANÇA DE SALÃO	CAROLINE SFAIR	60'
09:30			
10:00			
12:15			
12:30			
15:00	GAP 60'	HELLEN ANDRADE	60'
16:00			
17:00			
18:00			
18:50			
19:00			
	BIKE 60'	THIAGO CANTANHEDE	60'
19:45			
20:00			
20:30			
21:00			