



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

WANDENKOLK			
HORÁRIO	SEGUNDA-FEIRA		
	AULA	PROFESSOR	TEMPO
05:50			
07:00			
07:15			
07:30	RITMOS 60'	FELIPE	60'
08:00			
08:30	ABS+ ALONGAMENTO	LUAN	60'
17:00	FIT DANCE	BLACK	60'
	JIU JITSU	MIKITO	60'
18:00	BOXE	CARLOS	60'
18:15	MAT PILATES 60'	LUAN	60'
18:45			
	FIT DANCE	OTÁVIO	60'
19:00			
19:10	FUNCIONAL 60'	LUAN	60'
19:30			
19:45			

WANDENKOLK			
HORÁRIO	TERÇA		
	AULA	PROFESSOR	TEMPO
05:50	CORRIDA DE RUA	MURILO	60'
07:00	MAT PILATES	ANA PAULA	60'
07:15			
07:30	BOXE 60'	CARLOS	60'
08:00	MAT PILATES	ANA PAULA	60'
08:30			
17:00	FIT DANCE	OTÁVIO	60'
	MUAY THAI 60'	JOSE SOARES	60'
	BIKE 60'	LUAN	60'
18:00	JIU JITSU	MIKITO	60'
18:15			
18:45	MAT PILATES	AGATHA	60'
19:00	CORRIDA DE RUA	MURILO	60'
19:10			
19:30	FUNCIONAL 60'	AUGUSTO	60'
19:45	DANÇA DE SALÃO 60'	CAROLINA	60'

WANDENKOLK			
HORÁRIO	QUARTA		
	AULA	PROFESSOR	TEMPO
05:50			
07:00			
07:15			
07:30	RITMOS 60'	FELIPE	60'
08:00			
08:30	ABS+ ALONGAMENTO	LUAN	60'
	MUAY THAI	JOSÉ	
17:00	FIT DANCE	BLACK	60'
	JIU JITSU	MIKITO	60'
18:00	BOXE	CARLOS	60'
18:15	MAT PILATES 60'	LUAN	60'
18:45			
	FIT DANCE	OTÁVIO	60'
19:00			
19:10	FUNCIONAL	LUAN	60'
19:30			
19:45			

WANDENKOLK			
HORÁRIO	QUINTA		
	AULA	PROFESSOR	TEMPO
05:50	CORRIDA DE RUA	MURILO	60'
07:00	MAT PILATES	ANA PAULA	60'
07:15			
07:30	BOXE 60'	CARLOS	60'
08:00	MAT PILATES	ANA PAULA	60'
08:30			
17:00	FIT DANCE	OTÁVIO	60'
	MUAY THAI 60'	JOSÉ SOARES	60'
	BIKE 60'	LUAN	60'
18:00	JIU JITSU	MIKITO	60'
18:15			
18:45	MAT PILATES	AGATHA	60'
19:00	CORRIDA DE RUA	MURILO	60'
19:10			
19:30	FUNCIONAL 60'	AUGUSTO	60'
19:45	DANÇA DE SALÃO 60'	CAROLINA	60'

WANDENKOLK			
HORÁRIO	SEXTA		
	AULA	PROFESSOR	TEMPO
05:50			
07:00			
07:15	RITMOS	FELIPE	60'
07:30			
08:00	MAT PILATES 60'	ANA PAULA	60'
08:30			
17:00	FIT DANCE	BLACK	60'
	JIU JITSU	MIKITO	60'
18:00	BOXE	CARLOS	60'
18:15			
18:45			
	FIT DANCE	OTÁVIO	60'
19:00			
19:10			
19:30			
19:45	DANÇA DE SALÃO	CAROLINA	60'