



## Aula Spin City (Antiga aula de Spinning)



| Horario                  | Segunda   | Terça                  | Quarta    | Quinta                 | Sexta     | Sábado                   |
|--------------------------|-----------|------------------------|-----------|------------------------|-----------|--------------------------|
| Spin City<br>7:00-7:45   | Spin City | Spin City              | Spin City | Spin City              | Spin City | Spin City<br>8:30-9:30   |
| Spin City<br>8:15-9:00   | Spin City | Spin City              | Spin City | Spin City              | Spin City | Spin City<br>10:00-10:50 |
| Spin City<br>12:00-12:45 | Spin City | Spin City              | Spin City | Spin City              | Spin City | Spin City<br>11:00-11:50 |
| Spin City<br>18:00-18:45 | Spin City | <b>Prof.<br/>Carol</b> | Spin City | <b>Prof.<br/>Carol</b> | Spin City |                          |
| Spin City<br>19:00-19:45 | Spin City | <b>Prof.<br/>Carol</b> | Spin City | <b>Prof.<br/>Carol</b> | Spin City |                          |