



# Horários de Aulas



Segunda	Terça	Quarta	Quinta	Sexta	Sábado
<b>ATP</b> SALA / ONLINE Maurício 7:00 – 8:00	<b>Power Toning</b> SALA / ONLINE Cibebe 7:00 – 8:00	<b>ATP</b> (Antiga CFT) Maurício 7:00 – 8:00	<b>Power Toning</b> SALA / ONLINE Cibebe 7:00 – 8:00	<b>ATP</b> SALA / ONLINE Maurício 7:00 – 8:00	<b>Toning</b> SALA / ONLINE 09:00 – 10:00
<b>Mob</b> SALA / ONLINE Maurício 8:00 – 8:45	<b>Clim Two</b> SALA / ONLINE Cibebe 8:00 – 9:00	<b>Mob</b> SALA / ONLINE Maurício 8:00 – 8:45	<b>Climb Two</b> SALA / ONLINE Cibebe 8:00 – 9:00	<b>Mob</b> SALA / ONLINE Maurício 8:00 – 8:45	<b>Aula Rotativa</b> SALA / ONLINE 10:00 – 11:00
<b>Toning</b> SALA / ONLINE Maurício 8:45 – 9:45	<b>Toning</b> SALA / ONLINE Cibebe 9:00 – 9:50	<b>Toning</b> SALA / ONLINE Maurício 8:45 – 9:45	<b>Toning</b> SALA / ONLINE Cibebe 9:00 – 9:50	<b>Toning</b> SALA / ONLINE Maurício 8:45 – 9:45	<b>Mob</b> SALA / ONLINE 11:00 – 11:45
<b>MMF</b> SALA / ONLINE Fabiana 10:00 – 10:45	<b>iMatt Pilates</b> SALA / ONLINE Luana 10:45 – 11:45	<b>FWT (Antiga Pump)</b> SALA / ONLINE Fabiana 9:45 – 10:45	<b>iMatt Pilates</b> SALA / ONLINE Luana 10:45 – 11:45	<b>MMF</b> SALA / ONLINE Fabiana 9:45 – 10:45	
<b>Jazz And Soul</b> SALA / ONLINE Vivi 10:45 – 11:45	<b>Flash</b> SALA / ONLINE Luana 11h45 – 12h30	<b>Jazz And Soul</b> SALA / ONLINE Vivi 10:45 – 11:45	<b>Clipping</b> SALA / ONLINE Luana 11h45 – 12h30	<b>Flash</b> SALA / ONLINE Maurício 10:45 – 11:45	
<b>Toning</b> SALA / ONLINE) Vivi 11:45 – 12:45	<b>Ballet Classico</b> SALA / ONLINE Luana 12:30 – 13:30	<b>Toning</b> SALA / ONLINE) Vivi 11:45 – 12:45	<b>Ballet Classico</b> SALA / ONLINE Luana 12:30 – 13:30	<b>Ballet Classico</b> SALA / ONLINE Maurício 11:45 – 13:00	
<b>Mob</b> SALA / ONLINE Vivi 12:45 – 13:15	<b>Mob</b> SALA / ONLINE Marta 13:30 – 14:00	<b>Mob</b> SALA / ONLINE Vivi 12:45 – 13:15	<b>Climb Two</b> SALA / ONLINE Marcelo 14:30 – 15:30	<b>Mind &amp; body</b> SALA / ONLINE Fabiana 13:00 – 13:45	
<b>Flex (Alongamento p/ Ballet)</b> SALA / ONLINE Luana 13:15 – 14:00	<b>Climb One</b> SALA / ONLINE Marta 14:00 – 14:45	<b>Flex (Alongamento p/ Ballet)</b> SALA / ONLINE Luana 13:15 – 14:00	<b>Power Toning</b> SALA / ONLINE Marcelo 15h30 – 16h30	<b>Pulse</b> SALA / ONLINE Fabiana 13h45 – 14h30	
<b>Ballet Training</b> SALA / ONLINE Luana 14h00 – 15h00	<b>Climb Two</b> SALA / ONLINE Marcelo 14:45 – 15:30	<b>Ballet Training</b> SALA / ONLINE Luana 14h00 – 15h00	<b>Mob</b> SALA / ONLINE Marcelo 16h30 – 17h00	<b>Climb One</b> SALA / ONLINE Vivi 14h30 – 15h15	
<b>iMatt Pilates</b> SALA / ONLINE Luana 15:00 – 15:45	<b>Power Toning</b> SALA / ONLINE Marcelo 15h30 – 16h30	<b>iMatt Pilates</b> SALA / ONLINE Luana 15:00 – 15:45	<b>Bounce (Jump)</b> SALA / ONLINE Fabiana 17:00 – 17:45	<b>Climb Two</b> SALA / ONLINE Vivi 15:15 – 16:00	
<b>Yoga Flame</b> SALA / ONLINE Luana 15:45 – 16:30	<b>Mob</b> SALA / ONLINE Marcelo 16:30 – 17:00	<b>Yoga Flame</b> SALA / ONLINE Luana 15:45 – 16:30	<b>Mind &amp; body</b> SALA / ONLINE Fabiana 17:45 – 18:30	<b>Cores Xpress</b> SALA / ONLINE Vivi 16:00 – 16:30	
<b>Mob</b> SALA / ONLINE Alan 16:30 – 17:00	<b>Bounce (Jump)</b> SALA / ONLINE Fabiana 17:00 – 17:45	<b>Mob</b> SALA / ONLINE Alan 16:30 – 17:00	<b>FWT</b> SALA / ONLINE Fabiana 18:30 – 19:30	<b>Mob</b> SALA / ONLINE Vivi 16:30 – 17:00	
<b>Toning</b> SALA / ONLINE Alan 17:00 – 18:00	<b>Mind &amp; Body</b> SALA / ONLINE Fabiana 17:45 – 18:30	<b>Toning</b> SALA / ONLINE Alan 17:00 – 18:00	<b>Ballet Pilates</b> SALA / ONLINE Giovana 19h30 – 20h30	<b>Toning</b> SALA / ONLINE Alan 17:00 – 18:00	
<b>Pulse</b> SALA / ONLINE Alan 18:00 – 18:30	<b>FWT</b> SALA / ONLINE Fabiana 18h30 – 19h30	<b>Pulse</b> SALA / ONLINE Alan 18:00 – 18:30	<b>Ballet Classico</b> SALA / ONLINE Giovana 20:30 – 21:30	<b>Dembow</b> SALA / ONLINE Alan 18h00 – 19h00	
<b>Dembow</b> SALA / ONLINE Alan 18:30 – 19:30	<b>Ballet Pilates</b> SALA / ONLINE Giovana 19h30 – 20h30	<b>Dembow</b> SALA / ONLINE Alan 18:30 – 19:30		<b>Mob</b> SALA / ONLINE Alan 19:00 – 19:30	
<b>Flex (Alongamento p/ Ballet)</b> SALA / ONLINE Giovana 19:30 – 20:30	<b>Ballet Classico</b> SALA / ONLINE Giovana 20h30 – 21:30	<b>Flex (Alongamento p/ Ballet)</b> SALA / ONLINE Giovana 19:30 – 20:30			
<b>Ballet Training</b> SALA / ONLINE Giovana 20h30 – 21h30		<b>Ballet Training</b> SALA / ONLINE Giovana 20h30 – 21h30			

ATUALIZADO  
19/01/2022

MATRICULA: R\$ 168,29  
MENSALIDADE: R\$ 181,68

AULA AVULSA: R\$ 26,75