



# Horários de Aulas / Aerobica



Segunda	Terça	Quarta	Quinta	Sexta	Sábado
ATP (SALA AERÓBICA/ONLINE) Maurício 7:00 – 8:00	Power Toning (SALA AERÓBICA/ONLINE) Cibele 7:00 – 8:00	ATP (SALA AERÓBICA/ONLINE) Maurício 7:00 – 8:00	Power Toning (SALA AERÓBICA/ONLINE) Cibele 7:00 – 8:00	ATP (SALA AERÓBICA/ONLINE) Maurício 7:00 – 8:00	Aula Rotativa (SALA AERÓBICA/ONLINE) 9:30 – 10:30
Mob (SALA AERÓBICA/ONLINE) Maurício 8:00 – 8:45	Climb Two (SALA AERÓBICA) Cibele 8:00 – 9:00	Mob (SALA AERÓBICA/ONLINE) Maurício 8:00 – 8:45	Climb Two (SALA AERÓBICA) Cibele 8:00 – 9:00	Mob (SALA AERÓBICA/ONLINE) Maurício 8:00 – 8:45	Toning (SALA AERÓBICA/ONLINE) 10:30 – 11:30
Toning (SALA AERÓBICA/ONLINE) Maurício 8:45 – 9:45	Toning (SALA AERÓBICA/ONLINE) Cibele 9:00 – 10:00	Toning (SALA AERÓBICA/ONLINE) Maurício 8:45 – 9:45	Toning (SALA AERÓBICA/ONLINE) Cibele 9:00 – 10:00	Toning (SALA AERÓBICA/ONLINE) Maurício 8:45 – 9:45	Mob (SALA AERÓBICA/ONLINE) 11:30 – 12:15
Pulse (SALA AERÓBICA/ONLINE) Alan 10:00 – 10:45	iMatt Pilates (SALA AERÓBICA/ONLINE) Luana 10:00 – 11:00	FWT(Antiga Pump) (SALA AERÓBICA/ONLINE) Alan 9:45 – 10:45	iMatt Pilates (SALA AERÓBICA/ONLINE) Luana 10:00 – 11:00	Pulse (SALA AERÓBICA/ONLINE) Alan 10:00 – 10:45	
Jazz And Soul (SALA AERÓBICA/ONLINE) Vivi 10:45 – 11:45	Yoga flame (SALA AERÓBICA/ONLINE) Luana 11:00 – 11:45	Jazz And Soul (SALA AERÓBICA/ONLINE) Vivi 10:45 – 11:45	Yoga flame (SALA AERÓBICA/ONLINE) Luana 11:00 – 11:45	Flash (SALA AERÓBICA/ONLINE) Cris 10:45 – 11:45	
Toning (SALA AERÓBICA/ONLINE) Vivi 11:45 – 12:45	Ballet Classico (SALA AERÓBICA/ONLINE) Luana 11:45 – 12:45	Toning (SALA AERÓBICA/ONLINE) Vivi 11:45 – 12:45	Ballet Classico (SALA AERÓBICA/ONLINE) Luana 11:45 – 12:45	Ballet Classico (SALA AERÓBICA/ONLINE) Cris 11:45 – 13:00	
Mob (SALA AERÓBICA/ONLINE) Vivi 12:45 – 13:15	Ballet Training (SALA AERÓBICA/ONLINE) Luana 12:45 – 13:30	Mob (SALA AERÓBICA/ONLINE) Vivi 12:45 – 13:15	Ballet Training (SALA AERÓBICA/ONLINE) Luana 12:45 – 13:30	MOB (SALA AERÓBICA/ONLINE) Cris 13:00 – 13:45	
Flex Time (SALA AERÓBICA/ONLINE) Ellen 13:15 – 14:00	Mob (SALA AERÓBICA) Marta 13:30 – 14:00	Flex Time (SALA AERÓBICA/ONLINE) Ellen 13:15 – 14:00	Climb Two (SALA AERÓBICA/ONLINE) Marcelo 14:30 – 15:30	Toning (SALA AERÓBICA/ONLINE) Vivi 13:45 – 14:30	
Gymnastic Training (SALA AERÓBICA/ONLINE) Ellen 14:00 – 15:00	Climb One (SALA AERÓBICA) Marta 14:00 – 14:45	Gymnastic Training (SALA AERÓBICA/ONLINE) Ellen 14:00 – 15:00	Power Toning (SALA AERÓBICA/ONLINE) Marcelo 15:30 – 16:30	Climb One (SALA AERÓBICA/ONLINE) Vivi 14:30 – 15:15	
iMatt Pilates (SALA AERÓBICA/ONLINE) Ellen 15:00 – 15:45	Climb Two (SALA AERÓBICA/ONLINE) Marcelo 14:45 – 15:30	iMatt Pilates (SALA AERÓBICA/ONLINE) Ellen 15:00 – 15:45	Mob (SALA AERÓBICA/ONLINE) Marcelo 16:30 – 17:00	Climb Two (SALA AERÓBICA/ONLINE) Vivi 15:15 – 16:00	
Yoga Flame (SALA AERÓBICA/ONLINE) Ellen 15:45 – 16:30	Power Toning (SALA AERÓBICA/ONLINE) Marcelo 15:30 – 16:30	Yoga Flame (SALA AERÓBICA/ONLINE) Ellen 15:45 – 16:30	Bounce (Jump) (SALA AERÓBICA/ONLINE) Roberto 17:15 – 18:00	Jazz & Soul (SALA AERÓBICA/ONLINE) Vivi 16:00 – 17:00	
Mob (SALA AERÓBICA/ONLINE) Alan 16:30 – 17:00	Mob (SALA AERÓBICA/ONLINE) Marcelo 16:30 – 17:00	Mob (SALA AERÓBICA/ONLINE) Alan 16:30 – 17:00	Mind & Body (SALA AERÓBICA/ONLINE) Roberto 18:00 – 18:45	Toning (SALA AERÓBICA/ONLINE) Alan 17:00 – 18:00	
Toning (SALA AERÓBICA/ONLINE) Alan 17:00 – 18:00	Bounce (Jump) (SALA AERÓBICA/ONLINE) Roberto 17:15 – 18:00	Toning (SALA AERÓBICA/ONLINE) Alan 17:00 – 18:00	FWT (SALA AERÓBICA/ONLINE) Roberto 18:45 – 19:30	Dembow (SALA AERÓBICA/ONLINE) Alan 18:00 – 19:00	
Pulse (SALA AERÓBICA/ONLINE) Alan 18:00 – 18:30	Mind & Body (SALA AERÓBICA/ONLINE) Roberto 18:00 – 18:45	Pulse (SALA AERÓBICA/ONLINE) Alan 18:00 – 18:30	Ballet Clássico (SALA AERÓBICA/ONLINE) Carol 19:30 – 20:30	Mob (SALA AERÓBICA/ONLINE) Alan 19:00 – 19:30	
Dembow (SALA AERÓBICA/ONLINE) Alan 18:30 – 19:30	FWT (SALA AERÓBICA/ONLINE) Roberto 18:45 – 19:30	Dembow (SALA AERÓBICA/ONLINE) Alan 18:30 – 19:30	Ballet Pilates (SALA AERÓBICA/ONLINE) Carol 20:30 – 21:30		
Ballet Training (SALA AERÓBICA/ONLINE) Carol 19:30 – 20:30	Ballet Clássico (SALA AERÓBICA/ONLINE) Carol 19:30 – 20:30	Ballet Training (SALA AERÓBICA/ONLINE) Carol 19:30 – 20:30			
Flex (Alongamento p/ Ballet) (SALA AERÓBICA/ONLINE) Carol 20:30 – 21:30	Ballet Pilates (SALA AERÓBICA/ONLINE) Carol 20:30 – 21:30	Flex (Alongamento p/ Ballet) (SALA AERÓBICA/ONLINE) Carol 20:30 – 21:30			

ATUALIZADO  
10/08/2022

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

AULA AVULSA: R\$ 26,75