

SALA 1

Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:00		Wolf Fit		Wolf Fit		
7:15	Pilates Fit		Pilates Fit		Pilates Fit	
8:00	Coat Local		Coat Local		Coat Local	
10:00		Kangoo		Kangoo		Coat Local (9h30)
10:30	Abdominal		Abdominal		Abdominal	Zumbahia (10h50)
11:00	Glúteo-Coxa	Yoga	Glúteo-Coxa	Yoga	Glúteo-Coxa	
11:30						Wolf Fit
18:30	Kangoo	Pilates Fit	Kangoo	Pilates Fit	Kangoo	
19:10	Abdominal		Abdominal		Abdominal	
19:40	Coat Local	Zumbahia	Coat Local	Zumbahia	Coat Local	

ARENA CROSSCOAT

Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:00	CrossCoat	CrossCoat	CrossCoat	CrossCoat		
8:00						
9:00	Hit Coat		Hit Coat		Hit Coat	
11:00						CrossCoat
12:30	CrossCoat		CrossCoat		CrossCoat	
18:10	CrossCoat		CrossCoat		CrossCoat	
19:10	CrossCoat		CrossCoat		CrossCoat	
19:15		CrossCoat		CrossCoat		

SMALL GROUP

Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado

TATAME

Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:00	Boxe		Boxe		Boxe	
9:30	Boxe		Boxe		Boxe	
11:00						Jiu-Jitsu
12:15	Muay Thai	Jiu-Jitsu	Muay Thai	Jiu-Jitsu	Muay Thai	
18:15	Muay Thai	Boxe (18h30)	Muay Thai	Boxe (18h30)		
19:15	Jiu-Jitsu		Jiu-Jitsu		Jiu-Jitsu	
19:30		Jiu-Jitsu		Jiu-Jitsu		

CYCLING E POLE DANCE

Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:15		Cycling		Cycling		
8:00	Cycling		Cycling		Cycling	
8:15		Cycling		Cycling		
11:15						Cycling
12:15	Cycling		Cycling		Cycling	
12:30						Pole Dance
19:15		Spinning		Spinning		
20:00	Pole Dance		Pole Dance			

QUADRA DE AREIA

Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
10:00						Vôlei
12:30		Futevôlei		Futevôlei		
18:30	Futevôlei		Futevôlei		Futevôlei	
19:00		Vôlei		Vôlei		

*Treino intenso, de 30 à 40 minutos, grupo de até 5 pessoas, com acompanhamento profissional.

**Os treinos do Small Group estão suspensos temporariamente.