








































































Segunda Monday	Terça Tuesday	Quarta Wednesday	Quinta Thursday	Sexta Friday	Sábado Saturday
<p>9:00  </p> <p><b>Mobility &amp; Stretching</b> João Pais ⌚ 50 min</p>	<p>8:00  </p> <p><b>Tabata Training</b> João Pais ⌚ 50 min</p>	<p>8:00  </p> <p><b>Localizada</b> Eliana Silva ⌚ 50 min</p>	<p>8:00  </p> <p><b>Cycling</b> João Pais ⌚ 50 min</p>	<p>9:00  </p> <p><b>Y Pump</b> Lúcia Marta ⌚ 50 min</p>	<p>10:00  </p> <p><b>Jump In</b> Carol Ramage ⌚ 50 min</p>
<p>10:00  </p> <p><b>Aerobic Mix</b> Bela Pereira ⌚ 50 min</p>	<p>9:00  </p> <p><b>Mobility &amp; Stretching</b> João Pais ⌚ 50 min</p>	<p>9:00  </p> <p><b>Pilates</b> Eliana Silva ⌚ 50 min</p>	<p>9:00  </p> <p><b>B Fit</b> João Pais ⌚ 50 min</p>	<p>10:10  </p> <p><b>Cycling</b> Lúcia Marta ⌚ 45 min</p>	<p>11:00  </p> <p><b>TRX</b> João Pais ⌚ 50 min</p>
<p>10:10  </p> <p><b>Cycling</b> João Pais ⌚ 45 min</p>	<p>10:00  </p> <p><b>Core &amp; More</b> Bela Pereira ⌚ 50 min</p>	<p>10:00  </p> <p><b>Step</b> João Pais ⌚ 50 min</p>	<p>10:00  </p> <p><b>SOS Back</b> Bela Pereira ⌚ 50 min</p>	<p>10:10  </p> <p><b>Mobility &amp; Stretching</b> João Pais ⌚ 50 min</p>	
<p>11:00  </p> <p><b>SOS Back</b> Bela Pereira ⌚ 50 min</p>	<p>11:00  </p> <p><b>Zumba</b> Bela Pereira ⌚ 50 min</p>	<p>11:05  </p> <p><b>Cycling</b> João Pais ⌚ 45 min</p>	<p>11:00  </p> <p><b>Yoga</b> Ema Jamarino ⌚ 90 min</p>	<p>11:05  </p> <p><b>Cycling</b> João Pais ⌚ 45 min</p>	
<p>11:05  </p> <p><b>Cycling</b> João Pais ⌚ 45 min</p>	<p>18:30  </p> <p><b>B Tech</b> Carol Ramage ⌚ 45 min</p>	<p>18:00  </p> <p><b>Circuit Training</b> João Pais ⌚ 50 min</p>	<p>18:30  </p> <p><b>Tabata Training</b> João Pais ⌚ 50 min</p>	<p>18:00  </p> <p><b>Bumbum + Abs</b> Eliana Silva ⌚ 50 min</p>	
<p>18:00  </p> <p><b>Yoga</b> Ema Jamarino ⌚ 90 min</p>	<p>19:15  </p> <p><b>Cycling</b> Carol Ramage ⌚ 50 min</p>	<p>19:00  </p> <p><b>Cycling</b> Carol Ramage ⌚ 50 min</p>	<p>19:30  </p> <p><b>Step</b> João Pais ⌚ 50 min</p>	<p>19:00  </p> <p><b>Yoga</b> Ema Jamarino ⌚ 90 min</p>	
<p>19:30  </p> <p><b>Jump In</b> Carol Ramage ⌚ 50 min</p>					

-  Treino Cardio  
Cardio Workout
-  Treino de Força  
Strength Training
-  Treino Funcional  
Functional Training
-  Flow  
(Corpo e Mente)  
(Body & Mind)
-  Ritmos e Coreografia  
Rhythms & Choreography

AVISO: As Aulas de Fitness podem ser lecionadas por outro instrutor ou substituídas por aulas similares se o instrutor principal não estiver disponível. Em último caso, serão canceladas.  
NOTICE: The Fitness Classes may be conducted by a different instructor or replaced with similar classes if the main instructor is unavailable. If there is no solution, they will be cancelled.