

**Grade Ginástica fitness - 2º Semestre a partir 05/08**

	2a. Feira				3a. Feira			4ª Feira				5ª Feira			6ª Feira				Sáb	Dom	
	Sala Spinning	Sala 2	Sala 3	Sala 04	Sala Spinning	Sala 2	Sala 04	Sala Spinning	Sala 2	Sala 3	Sala 04	Sala Spinning	Sala 2	Sala 04	Sala Spinning	Sala 2	Sala 3	Sala 04	Sala Spinning	Sala 04	
08:00				Funcional Power (Fabiana) 50'		Hatha Yoga (Vinicius) 50'	Alongamento (Wilma) 50'		Postural. (Wilma) 50'		Funcional Power (Fabiana) 50'		Hatha Yoga (Vinicius) 50'	Alongamento (Wilma) 50'		Postural. (Wilma) 50'		Funcional Power (Fabiana) 50'			
09:00				Ritmos (Fabiana) 50'	Spinning (Vinicius) 50'		Postural (Wilma) 50'		Alongamento (Wilma) 50'		Ritmos (Fabiana) 50'	Spinning (Vinicius) 50'		Postural (Wilma) 50'		Alongamento (Wilma) 50'		Ritmos (Fabiana) 50'		Especialidade (sala 4) 50'	
10:00				Funcional + (Carlos) 50'		Step (Vinicius) 50'	Pilates de Solo (Wilma) 50'		Local (Wilma) 50'		Funcional + (Carlos) 50'		Step (Vinicius) 50'	Pilates de Solo (Wilma) 50'		Local (Wilma) 50'		Funcional + (Carlos) 50'		Spinning (exceto plantão professora Wilma) Aula de Local (sala 4)	
11:00												Alongamento (Wilma) 50'				Alongamento (Wilma) 50'					Alongamento (sala 4) 50'
16:45																				Ritmos Kids (Vinicius) 30'	
17:00	Spinning (Vinicius) 50'			Mobilidade (Jhonatan) 50'		Hatha Yoga (Vinicius) 50'	Funcional (Jhonatan) 50'	Spinning (Vinicius) 50'			Mobilidade (Jhonatan) 50'		Hatha Yoga (Vinicius)	Funcional (Jhonatan) 50'		Funcional (Jhonatan) 50'					
17:15																				Ritmos Teens (Vinicius) 40'	
17:30																					
18:00		Hatha Yoga (Vinicius) 50'	Treino Funcional (Nicholai) 60' *curso pago	Ritmos (Jhonatan) 50'	Spinning (Jhonatan) 50'		Ritmos (Vinicius) 50'		Hatha Yoga (Vinicius) 50'	Treino Funcional (Nicholai) 60' *curso pago	Ritmos (Jhonatan) 50'	Spinning (Jhonatan) 50'		Ritmos (Vinicius) 50'	Spinning (Jhonatan) 50'		Treino Funcional (Nicholai) 60' *curso pago	Ritmos (Vinicius) 50'			
19:00	Spinning (Vinicius) 50'		Treino Funcional (Nicholai) 60' *curso pago	Hiit/Tabata (Jhonatan) 30'		Alongamento (Vinicius) 30'	Cross Training (Jhonatan) 50'	Spinning (Vinicius) 50'		Treino Funcional (Nicholai) 60' *curso pago	Hiit/Tabata (Jhonatan) 30'		Alongamento (Vinicius) 30'	Cross Training (Jhonatan) 50'		Step (Vinicius) 50'	Treino Funcional (Nicholai) 60' *curso pago	Hiit/Tabata (Jhonatan) 30'			
19:30				Cross Training (Jhonatan) 50'		Pilates de Solo (Vinicius) 50'					Cross Training (Jhonatan) 50'		Pilates de Solo (Vinicius) 50'							Cross Training (Jhonatan) 50'	
20:00			Treino Funcional (Nicholai) 60' *curso pago				CORE (Jhonatan) 30'				Treino Funcional (Nicholai) 60' *curso pago			CORE (Jhonatan) 30'			Treino Funcional (Nicholai) 60' *curso pago				