

AULAS

JARDIM DA SAÚDE



	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
7h	RPM Marcio Takarabe 45' 2		RPM Marcio Takarabe 45' 2		RPM Marcio Takarabe 45' 2
7h15					LOCAL Dani Micheletti 45' S
7h30		ALONGAMENTO Marcio Takarabe 30' S		ALONGAMENTO Marcio Takarabe 30' S	
8h	ALONGAMENTO Marcus Prado 30' S FITDANCE Rafinha Oliveira 45' S	FUNCIONAL Marcio Takarabe 30' S	ALONGAMENTO Marcus Prado 30' S FITDANCE Rafinha Oliveira 45' S	FUNCIONAL Marcio Takarabe 30' S	ALONGAMENTO Marcus Prado 30' S
8h30		BODYCOMBAT Marcio Takarabe 60' S		BODYCOMBAT Marcio Takarabe 60' S	
8h45	HIIT Luis Marcelo 30' S		HIIT Luis Marcelo 30' S		
9h15	PILATES Sergio Stelzer 45' S				YOGA Sergio Stelzer 45' S
9h30		GAP Luis Marcelo 45' S	BODYBALANCE Marcus Prado 45' S	GAP Luis Marcelo 45' S	
14h		MASTERS60+ Ale Barros 45' f		MASTERS60+ Ale Barros 45' f	
17h		SPINNING Dani Micheletti 45' 2		SPINNING Dani Micheletti 45' 2	
17h45		ALONGAMENTO Luis Marcelo 45' S		ALONGAMENTO Luis Marcelo 45' S	
18h	ZUMBA Rafinha Oliveira 45' S		YOGA SUNSET Sérgio Stelzer 45' RT		
18h15					BODYCOMBAT Marcio Takarabe 45' S
18h30		ABDOMINAL Luis Marcelo 30' S		ABDOMINAL Luis Marcelo 30' S	
18h45	ABDOMINAL Luis Marcelo 30' S		ABDOMINAL HIT Luis Marcelo 30' S		
19h	CORRIDA Julio Dotti 60' R	RPM Marcio Takarabe 45' 2 HIIT Luis Marcelo 30' S	CORRIDA Julio Dotti 60' R	RPM Marcio Takarabe 45' 2 HIIT Luis Marcelo 30' S	FUNCIONAL Marcio Takarabe 45' S
19h15	BODYBALANCE Marcio Takarabe 45' S		BODYCOMBAT Marcio Takarabe 45' S		
19h30		ALONGAMENTO Luis Marcelo 30' S		ALONGAMENTO Luis Marcelo 30' S	MEDITAÇÃO Sergio Stelzer 45' S
20h	BODYCOMBAT Marcio Takarabe 45' S	FITDANCE Rafinha Oliveira 45' RT	BODYBALANCE Marcio Takarabe 45' S	FITDANCE Rafinha Oliveira 45' RT	

É NECESSÁRIO AGENDAR HORÁRIO. LIMITE DE VAGAS.

DISTÂNCIA DE 2 METROS ENTRE AS PESSOAS.

OBRIGATÓRIO USAR MÁSCARA.

LOCAIS:

S

Studio

2

Bike Station

RT

RoofTop

R

Rua

Instagram

LIVE Instagram /PLANETSPORT

f

LIVE Facebook

/PLANETSPORTACADEMIA