

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	RPM Marcio Takarabe 45' 2	RPM Marcio Takarabe 45' 2
7h30	ALONGAMENTO Marcus Prado 30' 1		ALONGAMENTO Marcus Prado 30' 1		
8h	FITDANCE Rafinha Oliveira 45' 1	FUNCIONAL Marcio Takarabe 30' 1	FITDANCE Rafinha Oliveira 45' 1	FUNCIONAL Marcio Takarabe 30' 1	ALONGAMENTO Marcus Prado 30' 1
8h30		BODYCOMBAT Marcio Takarabe 60' 1		BODYCOMBAT Marcio Takarabe 60' 1	FITDANCE Rafinha Oliveira 45' 1
8h45	HIIT Luis Marcelo 30' 1		HIIT Luis Marcelo 30' 1		
9h15	PILATES Sergio Stelzer 45' 1				YOGA Sergio Stelzer 45' 1
9h30		GAP Luis Marcelo 45' 1	BODYBALANCE Marcus Prado 45' 1	GAP Luis Marcelo 45' 1	
15h		MASTERS60+ Ale Barros 45' 1		MASTERS60+ Ale Barros 45' 1	
17h45		ALONGAMENTO Luis Marcelo 45' 1		ALONGAMENTO Luis Marcelo 45' 1	
18h	BODYPUMP Marcio Takarabe 45' 1		BODYPUMP Marcio Takarabe 45' 1		BODYCOMBAT Marcio Takarabe 45' 1
			YOGA SUNSET Sergio Stelzer 45' RT		
18h30		ABDOMINAL Luis Marcelo 30' 1		ABDOMINAL Luis Marcelo 30' 1	
18h45	ABDOMINAL Luis Marcelo 30' 1		ABDOMINAL HIT Luis Marcelo 30' 1		
19h	RPM Marcio Takarabe 45' 2	HIIT Luis Marcelo 30' 1	RPM Marcio Takarabe 45' 2	HIIT Luis Marcelo 30' 1	BODYBALANCE Marcio Takarabe 45' 1
	CORRIDA Julio Dotti 60' R		CORRIDA Julio Dotti 60' R		
19h15	ZUMBA Rafinha Oliveira 45' 1		ZUMBA Rafinha Oliveira 45' 1		
19h30		ALONGAMENTO Luis Marcelo 30' 1		ALONGAMENTO Luis Marcelo 30' 1	TRIATHLON Limite team 90' P
20h	BODYBALANCE Marcio Takarabe 45' 1	MUAY THAI Daniel Lima 50' 1	ALONGAMENTO Sergio Stelzer 30' 1	MUAY THAI Daniel Lima 50' 1	
20h30			MEDITAÇÃO Sergio Stelzer 30' 1		

SÁBADOS

10h

11h

11h45

RPM

Marcio Takarabe | 45' | 1

HIIT

Marcio Takarabe | 30' | 1

ALONGAMENTO

Marcio Takarabe | 30' | 1

É NECESSÁRIO AGENDAR HORÁRIO. LIMITE DE VAGAS.

OBRIGATÓRIO USAR MÁSCARA.