

# 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<br>YOGA SUNSET   Sergio Stelzer   45'   RT |  | BODYCOMBAT   Marcio Takarabe   45'   1  |
| 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<br>CORRIDA   Julio Dotti   60'   R | HIIT   Luis Marcelo   30'   1          | RPM   Marcio Takarabe   45'   2<br>CORRIDA   Julio Dotti   60'   R              | HIIT   Luis Marcelo   30'   1          | BODYBALANCE   Marcio Takarabe   45'   1 |
| 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                            |  | ALONGAMENTO   Sergio Stelzer   30'   1  |  |   |
| 20h20 |  | MUAY THAI   Daniel Lima   50'   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.