

**GRADE DE HORÁRIOS | ATIVIDADES TERRESTRES**

HORÁRIOS	SALAS	SEG	TER	QUA	QUI	SEX	SÁB
7:00HS	STUDIO	BARRIGA ZERO SILVANIA 30	STEP SILVANA 30	GAP SILVANIA 30	CIRCUITO SILVANA 30	BARRIGA ZERO SILVANIA 30	
	PILATES	PILATES STUDIO CLAUDENICE 60		PILATES STUDIO CLAUDENICE 60		PILATES STUDIO CLAUDENICE 60	
7:30HS	STUDIO	FUNCIONAL SILVANIA 60	FITDANCE GUILHERME 60	LOCALIZADA SILVANIA 30	FITDANCE GUILHERME 60	FUNCIONAL SILVANIA 60	
	TATAME			JIU JITSU ALEZINHO 60		JIU JITSU ALEZINHO 60	
8:00HS	PILATES	PILATES STUDIO CLAUDENICE 60		PILATES STUDIO CLAUDENICE 60		PILATES STUDIO CLAUDENICE 60	
8:30HS	STUDIO	JUMP SILVANIA 30	CIRCUITO SILVANA 30	JUMP SILVANIA 30	STEP SILVANA 30	HIT SILVANIA 30	
9:00HS	STUDIO		BARRIGA ZERO SILVANIA 30		GAP SILVANIA 30		YOGA SHEILA 60
	PILATES	PILATES STUDIO CLAUDENICE 60		PILATES STUDIO CLAUDENICE 60		PILATES STUDIO CLAUDENICE 60	
10:00HS	STUDIO						PILATES RUTH 60
	TATAME						J. JITSU KIDS ALEZINHO 60
11:00HS	STUDIO						FORRÓ VAL 60
12:00HS	STUDIO						FITDANCE CECÍLIA 60
15:00HS	STUDIO	CIRCUITO RUTH 30	PILATES DANUBIA 60	FUNCIONAL RUTH 30	PILATES DANUBIA 60	STEP RUTH 30	
15:30HS	STUDIO	HIIT RUTH 30		ZUMBA RUTH 30		LOCALIZADA RUTH 30	
16:00HS	STUDIO	JUMP RUTH 30	GAP DANUBIA 30	BARRIGA ZERO RUTH 30	GAP DANUBIA 30	ALONGAMENTO RUTH 30	
16:30HS	STUDIO	YOGA SHEILA 60	ALONGAMENTO DANUBIA 30	YOGA SHEILA 60	ALONGAMENTO DANUBIA 30	YOGA SHEILA 60	
17:30HS	STUDIO	FITDANCE FERNANDO 60		FITDANCE FERNANDO 60			
18:00HS	STUDIO		ZUMBA RUTH 30		FUNCIONAL RUTH 30		
	TATAME	BARRIGA ZERO RUTH 30					
	PILATES	PILATES STUDIO IVETE 60	PILATES STUDIO IVETE 60	PILATES STUDIO IVETE 60	PILATES STUDIO IVETE 60		
18:30HS	STUDIO	FUNCIONAL RUTH 30	STEP RUTH 30	JUMP RUTH 30	GAP RUTH 30	PILATES RUTH 30	
	TATAME	FUNCIONAL KIDS JUNINHO 45	JIU JITSU KIDS JUNINHO 45	FUNCIONAL KIDS SACI 45			
19:00HS	STUDIO	YOGA VLAD 60	HIIT RUTH 30	YOGA VLAD 60	STEP RUTH 30	CIRCUITO RUTH 30	
	PILATES	PILATES STUDIO IVETE 60	PILATES STUDIO IVETE 60	PILATES STUDIO IVETE 60	PILATES STUDIO IVETE 60		
19:15HS	TATAME	BRINC. DE RUA JUNINHO 45	BRINC. DE RUA JUNINHO 45	BRINC. DE RUA SACI 45			
19:30HS	STUDIO		ALONGAMENTO RUTH 30		ALONGAMENTO RUTH 30		
20:00HS	STUDIO	VANEIRA PAULISTA VAL 60	FORRÓ VAL 60	BARRIGA ZERO RUTH 30	SERTANEJO VAL 60		
	TATAME		JIU JITSU JUNINHO 60		JIU JITSU JUNINHO 60		

■ LUTAS   
 ■ INTENSIDADE   
 ■ RESISTENCIA   
 ■ EQUILÍBRIO   
 ■ DANCAS   
 ■ INFANTIL   
 ■ FORÇA