

**GRADE DE HORÁRIOS | ATIVIDADES TERRESTRES**

HORARIOS	SALA	SEG	TER	QUA	QUI	SEX	SAB
6:30HS	TATAME	JIU JITSU ANDRÉ 90		JIU JITSU ANDRÉ 90			
7:00HS	STUDIO	CIRCUITO FABIO 30		CIRCUITO FABIO 30		CIRCUITO FABIO 30	
	SALA BIKE		BIKE RODRIGO L 45		BIKE RODRIGO L 45		
	PILATES	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	
7:30HS	TATAME		MUAY THAI IVAN 60		MUAY THAI IVAN 60		
	STUDIO	FITDANCE ROBSON 60		FITDANCE ROBSON 60		FITDANCE ROBSON 60	
7:45HS	STUDIO		ABS RODRIGO L 15		ABS RODRIGO L 15		
	SALA BIKE	BIKE FABIO 45		BIKE FABIO 45		BIKE FABIO 45	
08:00HS	STUDIO		ZUMBA DANIEL 60		ZUMBA DANIEL 60		
	PILATES	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	
8:15HS	SALA BIKE		BIKE RODRIGO L 30		BIKE RODRIGO L 30		
8:45HS	STUDIO	PILATES FABIO 30		PILATES FABIO 30		PILATES FABIO 30	
9:00HS	STUDIO		FUNCIONAL RODRIGO L 30		FUNCIONAL RODRIGO L 30		
	PILATES		PILATES STUDIO GUSTAVO 60		PILATES STUDIO GUSTAVO 60		
09:15HS	STUDIO	LOCALIZADA FABIO 30		LOCALIZADA FABIO 30		LOCALIZADA FABIO 30	
	SALA BIKE						BIKE 45 CIRO
09:30HS	STUDIO		ALONGAMENTO RODRIGO L 30		ALONGAMENTO RODRIGO L 30		
10:00HS	STUDIO		YOGA CINTIA 60		YOGA CINTIA 60		FITDANCE DANIEL 60
11:00HS	STUDIO						PILATES 30 CIRO
11:30HS	STUDIO						ALONGAMENTO 30 CIRO
15:00HS	STUDIO	YOGA ALEXANDRE T 60		YOGA ALEXANDRE T 60			
16:00HS	PILATES		PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60		
17:00HS	PILATES	PILATES STUDIO GABRIELA 60	PILATES STUDIO GABRIELA 60	PILATES STUDIO GABRIELA 60	PILATES STUDIO GABRIELA 60	PILATES STUDIO DÉBORA 60	
17:45HS	SALA BIKE					BIKE 45 CIRO	
18:00HS	STUDIO		PUMP CIRO 45		PUMP CIRO 45	PILATES STUDIO DÉBORA 60	
	PILATES	PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60			
18:30HS	STUDIO	FITDANCE DANIEL 60		FITDANCE DANIEL 60		ALONGAMENTO 30 CIRO	
	TATAME		JIU JITSU INFANTIL ROGERINHO 45		JIU JITSU INFANTIL ROGERINHO 45		
	PILATES		PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60		
18:45HS	STUDIO		BARRIGA ZERO CIRO 15		BARRIGA ZERO CIRO 15		
19:00HS	STUDIO		FITDANCE DANIEL 60		FITDANCE DANIEL 60	FITDANCE 60 SAMANTHA	
	SALA BIKE		RIKF CIRO 45		RIKF CIRO 45		
	TATAME	MUAY THAI IVAN 60		MUAY THAI IVAN 60			
	PILATES	PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60			
19:15HS	TATAME		BRINC. DE RUA ROGERINHO 45		BRINC. DE RUA ROGERINHO 45		
19:30HS	STUDIO	GAP DERICK 30		GAP DERICK 30			
	PILATES		PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60		
20:00HS	SALA BIKE	RIKF DERICK 30		RIKF DERICK 30			
	STUDIO		JUMP CIRO 45		JUMP CIRO 45		
	TATAME		JIU JITSU ROGERINHO 90		JIU JITSU ROGERINHO 90		
	PILATES	PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60			
20:30HS	STUDIO	CIRCUITO DERICK 30		CIRCUITO DERICK 30			
	TATAME	BOXE GABRIEL 60		BOXE GABRIEL 60			
20:45HS	STUDIO		PILATES CIRO 45		PILATES CIRO 45		
21:00HS	STUDIO	PILATES DERICK 30		PILATES DERICK 30			
21:30HS	STUDIO		SERTANEJO ALEXANDRE L 60		SERTANEJO ALEXANDRE L 60		

■ FORTES   
 ■ INTENSIDADE   
 ■ RESISTENCIA   
 ■ EQUILIBRIO   
 ■ FLEXIBILIDADE   
 ■ TATAME   
 ■ FORÇA

Atualizado 26/03/2024



Unidade 7: Alto da Mooca

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HORÁRIOS	SALA	SEG	TER	QUA	QUI	SEX	SÁB
6:30HS	TATAME	JIU JITSU ANDRE 90		JIU JITSU ANDRE 90			
7:00HS	STUDIO	CIRCUITO FABIO 30		CIRCUITO FABIO 30		CIRCUITO FABIO 30	
	SALA BIKE		BIKE RODRIGO L 45		BIKE RODRIGO L 45		
7:30HS	PILATES	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	
	TATAME		MUAY THAI IVAN 60		MUAY THAI IVAN 60		
7:45HS	STUDIO		ABS RODRIGO L 15		ABS RODRIGO L 15		
	SALA BIKE	BIKE FABIO 45		BIKE FABIO 45		BIKE FABIO 45	
08:00HS	STUDIO		ZUMBA DANIEL 60		ZUMBA DANIEL 60		
	PILATES	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	PILATES STUDIO GUSTAVO 60	
8:15HS	SALA BIKE		BIKE RODRIGO L 30		BIKE RODRIGO L 30		
8:45HS	STUDIO	PILATES FABIO 30		PILATES FABIO 30		PILATES FABIO 30	
9:00HS	STUDIO		FUNCIONAL RODRIGO L 30		FUNCIONAL RODRIGO L 30		
	PILATES		PILATES STUDIO GUSTAVO 60		PILATES STUDIO GUSTAVO 60		
9:15HS	STUDIO	LOCALIZADA FABIO 30		LOCALIZADA FABIO 30		LOCALIZADA FABIO 30	
	SALA BIKE						BIKE 45 CIRO
9:30HS	STUDIO		ALONGAMENTO RODRIGO L 30		ALONGAMENTO RODRIGO L 30		
10:00HS	STUDIO		YOGA CINTIA 60		YOGA CINTIA 60		FITDANCE DANIEL 60
11:00HS	STUDIO						PILATES 30 CIRO
11:30HS	STUDIO						ALONGAMENTO 30 CIRO
15:00HS	STUDIO	YOGA ALEXANDRE T 60		YOGA ALEXANDRE T 60			
16:00HS	PILATES		PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60		
17:00HS	PILATES	PILATES STUDIO GABRIELA 60	PILATES STUDIO GABRIELA 60	PILATES STUDIO GABRIELA 60	PILATES STUDIO GABRIELA 60	STUDIO DE PILATES DEBORA 60	
17H45	SALA BIKE					BIKE 45 CIRO	
18:00HS	STUDIO		PUMP CIRO 45		PUMP CIRO 45		STUDIO DE PILATES DEBORA 60
	PILATES	PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60			
18:30HS	STUDIO	FITDANCE DANIEL 60		FITDANCE DANIEL 60		ALONGAMENTO 30 CIRO	
	TATAME		JIU JITSU INFANTIL ROGERINHO 45		JIU JITSU INFANTIL ROGERINHO 45		
18:45HS	PILATES		PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60		
	STUDIO		BARRIGA ZERO CIRO 15		BARRIGA ZERO CIRO 15		
19:00HS	STUDIO		FITDANCE DANIEL 60		FITDANCE DANIEL 60	FITDANCE 60 SAMANTHA	
	SALA BIKE		BIKE CIRO 45		BIKE CIRO 45		
	TATAME	MUAY THAI IVAN 60		MUAY THAI IVAN 60			
	PILATES	PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60			
19:15HS	TATAME		BRINC. DE RUA ROGERINHO 45		BRINC. DE RUA ROGERINHO 45		
19:30HS	STUDIO	GAP DERICK 30		GAP DERICK 30			
	PILATES		PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60		
20:00HS	TATAME		JIU JITSU ROGERINHO 90		JIU JITSU ROGERINHO 90		
	STUDIO		JUMP CIRO 45		JUMP CIRO 45		
	SALA BIKE	BIKE DERICK 30		BIKE DERICK 30			
20:30HS	PILATES	PILATES STUDIO GABRIELA 60		PILATES STUDIO GABRIELA 60			
	STUDIO	CIRCUITO DERICK 30		CIRCUITO DERICK 30			
20:45HS	TATAME	BOXE GABRIEL 60		BOXE GABRIEL 60			
	STUDIO		PILATES CIRO 45		PILATES CIRO 45		
21:00HS	STUDIO	PILATES DERICK 30		PILATES DERICK 30			
21:30HS	STUDIO		SERTANEJO ALEXANDRE L 60		SERTANEJO ALEXANDRE L 60		

Unidade 1: Rua Dom Andrés Lamas, 212 | Unidade 2: Rua Tuiuti, 941 | Unidade 3: Rua Martins Pena, 206 a 220 | Unidade 4: Rua Coelho Lisboa, 633/67

Horário sujeito a alteração