

# GRADE DE AULAS

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO	FERIADO
		QZONE 60' CLEBER		QZONE 60' CLEBER				
07:00	QCYCLE 45' TAIANA	QCYCLE 45' ANGELA	QCYCLE 45' TAIANA	QCYCLE 45' ANGELA	QCYCLE 45' ANGELA			
		MUAY THAI 60' THIAGO		MUAY THAI 60' THIAGO				
07:30					SUPERIOGA 60' MIRIAN			
07:50	ABSOLUT LEGS 30' TAIANA	POWER TRAINING 45' ANGELA	ABSOLUT LEGS 30' TAIANA	POWER TRAINING 45' ANGELA	POWER TRAINING 45' ANGELA			
08:15		Q DANCE 60' CLEBER		Q DANCE 60' CLEBER				
08:30	YOGA 60' MARIAN		YOGA 60' MARIAN					
	QZONE 60' TAIANA		QZONE 60' TAIANA		QZONE 60' TAIANA			
08:40		ABDM EXPRESS 15' ANGELA		ABDM EXPRESS 15' ANGELA				
09:00		PILATES FIT 60' ANGELA		PILATES FIT 60' ANGELA				
09:30	MOBILITY & STRETCHING 25' TAIANA	QZONE 60' CLEBER	MOBILITY & STRETCHING 25' TAIANA	QZONE 60' CLEBER				
09:40	BALLET FITNESS 60' YGOR		BALLET FITNESS 60' YGOR					
10:00						POWER TRAINING 30'		POWER TRAINING 30'
10:30					* QZONE 60' TAIANA	BALLET FITNESS 60' LINDEMBERG		
11:00						QZONE 60'	QZONE 60'	QZONE 60'
12:00						ABDM EXPRESS 15'	ABDM EXPRESS 15'	ABDM EXPRESS 15'
12:15	ABDM EXPRESS 15' WALDYR		ABDM EXPRESS 15' WALDYR		ABDM EXPRESS 15' TAIANA			
12:30						QCYCLE 45'	QCYCLE 60'	QCYCLE 60'
		QZONE 60' WALDYR		QZONE 60' WALDYR		LCG COMBATE 60'		
12:35	QCYCLE 45' WALDYR		QCYCLE 45' WALDYR		QCYCLE 45' TAIANA			
13:20						MOBILITY & STRETCHING 25'		MOBILITY & STRETCHING 25'
	MUAY THAI 60' RODRIGO		MUAY THAI 60' RODRIGO		MUAY THAI 60' RODRIGO			
18:30	ABSOLUT LEGS 30' CLEBER		ABSOLUT LEGS 30' CLEBER					
	POWER TRAINING 30' ALEX		POWER TRAINING 30' ALEX		POWER TRAINING 30' ALEX			
18:45		BURN JUMP 45' KADU		BURN JUMP 45' KADU				
	Q DANCE 60' CLEBER	MUAY THAI 60' THIAGO	Q DANCE 60' CLEBER	MUAY THAI 60' THIAGO	Q DANCE 60' CLEBER			
19:00	QZONE 60' WALDYR	QZONE 60' ANGELA	QZONE 60' WALDYR	QZONE 60' ANGELA				
19:10	QCYCLE 45' ALEX		QCYCLE 45' ALEX		QCYCLE 45' ALEX			
19:30		BALLET FITNESS 60' SHAMARA		BALLET FITNESS 60' SHAMARA				
19:45		QCYCLE 45' KADU		QCYCLE 45' KADU				
20:00	POWER TRAINING 30' ALEX		POWER TRAINING 30' ALEX		QZONE 60' ALEX			
20:05	MOBILITY & STRETCHING 25' CLEBER		MOBILITY & STRETCHING 25' CLEBER		MOBILITY & STRETCHING 25' CLEBER			
20:30	QZONE 60' WALDYR	QZONE 60' ANGELA	QZONE 60' WALDYR	QZONE 60' ANGELA				
		JIU JITSU 90' GABRIEL		JIU JITSU 90' GABRIEL				
	BALLET FITNESS 60' SHAMARA	SUPERIOGA 60' MIRIAN	Q DANCE 60' CLEBER	SUPERIOGA 60' MIRIAN				
20:35	HIIT CYCLE 30' CLEBER	ABDM EXPRESS 15' KADU		ABDM EXPRESS 15' KADU	HIIT CYCLE 30' CLEBER			
	PILATES FIT 60' ALEX		PILATES FIT 60' ALEX					

Para o melhor APROVEITAMENTO DAS ATIVIDADES ou por MOTIVO DE FORÇA MAIOR:

\* Horário provisório

As modalidades, horários e professores podem ser alterados.

A duração da aula engloba a preparação, desenvolvimento e encerramento da modalidade.

Evite se atrasar para uma aula, a fase de preparação é fundamental para o seu melhor desempenho.

Utilize roupas leves e calçado confortável. Alimente-se e hidrate-se.

Responsável Técnico: Professor Waldyr Maciel - CREF: 063591-G/SP