

GRADE DE AULAS



CYCLE	HIIT/ FUNCIONAL /MUSCLE
ZEN	COMBATE
QZONE	DANCE

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

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

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO	FERIADO
07:00		QZONE 60' CLEBER		QZONE 60' CLEBER				
	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			
08:00		SURFITNESS 45' GUI		SURFITNESS 45' GUI				
08:15		Q DANCE 60' CLEBER		Q DANCE 60' CLEBER				
08:30	YOGA 60' SAVOIA		YOGA 60' SAVOIA					
	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'
12:10						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		QZONE 60' WALDYR		QZONE 60' WALDYR		QCYCLE 45'	QCYCLE 60'	QCYCLE 45'
						MUAY THAI 60'		
12:35	QCYCLE 45' WALDYR		QCYCLE 45' WALDYR		QCYCLE 45' TAIANA			
13:20						MOBILITY & STRETCHING 30'		MOBILITY & STRETCHING 30'
18:30	MUAY THAI 60' RODRIGO		MUAY THAI 60' RODRIGO		MUAY THAI 60' RODRIGO			
	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' DRICA		BURN JUMP 45' DRICA				
19:00	Q DANCE 60' CLEBER	MUAY THAI 60' THIAGO	Q DANCE 60' CLEBER	MUAY THAI 60' THIAGO	Q DANCE 60' CLEBER			
	QZONE 60' WALDYR	QZONE 60' ANGELA	QZONE 60' WALDYR	QZONE 60' ANGELA				
19:10	QCYCLE 45' ALEX		QCYCLE 45' ALEX		QCYCLE 45' ALEX			
		BALLET FITNESS 60' SHAMARA		BALLET FITNESS 60' SHAMARA				
19:30	SURFITNESS 45' GUI			SURFITNESS 45' GUI				
19:45								
20:00	POWER TRAINING 30' ALEX	QCYCLE 45' ANGELA	POWER TRAINING 30' ALEX	QCYCLE 45' ANGELA	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' DRICA		ABDM EXPRESS 15' DRICA	HIIT CYCLE 30' CLEBER			
	PILATES FIT 60' ALEX		PILATES FIT 60' ALEX					

