

Mapa de Aulas



Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
Workout	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	09:00 - 15:00	09:00 - 15:00
08:00	Stretch e Mobility	Core Force	Stretch e Mobility	Core Force	Stretch e Mobility	-	-
09:00	Hiit	Stretch e Mobility	Hiit	Stretch e Mobility	Hiit	-	-
09:20	-	Sunsetfit Plus PT	-	-	-	-	-
10:00	-	-	-	-	-	Core Force	-
11:00	-	-	-	-	-	Hiit	-
12:00	-	-	-	-	-	Stretch e Mobility	-
13:10	Booty Pump	Boxe Fit	Booty Pump	Boxe Fit	Booty Pump	-	-
16:00	Boxe Fit	Stretch e Mobility	Boxe Fit	Stretch e Mobility	Boxe Fit	-	-
19:00	Hiit	Booty Pump	Hiit	Booty Pump	Hiit	-	-
20:00	Core Force	Hiit	Core Force	Hiit	Core Force	-	-

* As aulas coletivas tem duração de 40 minutos. | * A aula SunsetFit – PT, todas as terças-feiras, às 09:20 tem duração de 50 minutos.