

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:15	CYCLING XPRESS 30 3		PUMP XPRESS 30 1	BARRIGA KILLER 30 2	PUMP XPRESS 30 1	
07:50	VILA ABS 10 F	08:00 ATTACK XPRESS 30 2	STRETCHING 10 F	9:00 PUMP 45 1	VILA ABS 10 F	
09:15	CAMINHADA 45 -	PUMP XPRESS 30 1	ATTACK XPRESS 30 1	CAMINHADA 30 -		HIPOPRESSIVOS 30 2
09:30			VILA 50+ 45 2		VILA 50+ 45 2	
10:00	STRECHING 10 F			VILA ABS 10 F		PILATES 60 2
10:15	3B 30 2	YOGA 60 2	CYCLING 45 3	POWER STEP 30 1 PILATES 60 2	ATTACK XPRESS 30 2	
10:45		ZUMBA 45 1				11:00 BARRIGA KILLER 30 1
13:10	ATTACK XPRESS 30 2	BARRIGA KILLER 20 1	PUMP XPRESS 30 1	3B 30 2	POWER STEP 30 1	
16:00	VILA ABS 10 F		VILA ABS 10 F			
16:30	ATTACK XPRESS 30 2			CYCLING SÉNIOR 45 3		17:00 CYCLING 45 3
17:45	CYCLING XPRESS 30 3	CYCLING XPRESS 30 3	JOGGING 30 -	NOVIDADE VILA OUTDOOR 30 -	CYCLING XPRESS 30 3	
18:15		GRIT 30 1	POWER STEP 30 1			
18:30	3B 30 2	NOVIDADE MINI CROSSFIT 60 1		ZUMBA 45 2 NINJA KIDS 90 3	PUMP 45 1	
18:45	POWER STEP 30 1		19:00 PUMP 30 1	CX 30 1	JOGGING 30 -	
19:15	ZUMBA + FIT 45 2	CX 30 1 3B 30 2	ATTACK XPRESS 30 2		GRIT 30 1	
19:30	YOGA 60 1 CYCLING 45 3			3B 30 1 ATTACK 45 2	19:45 YOGA 60 2	
20:00		RUNNING 60 - PILATES 60 2 CYCLING XPRESS 30 3	CYCLING XPRESS 30 3		CYCLING XPRESS 30 3	
20:15	ATTACK XPRESS 30 2		3B 30 2	PILATES 60 2 CYCLING XPRESS 30 3		
20:30	NOVIDADE VILA OUTDOOR 30 -	BARRIGA KILLER 20 1		GRIT 30 1		
21:00	STRETCHING 10 F	STRETCHING 10 F	STRETCHING 10 F	STRETCHING 10 F	STRETCHING 10 F	

HORÁRIO DE FUNCIONAMENTO
SEGUNDA A SEXTA
07H00 ÀS 22H00

SÁBADO
09H00 ÀS 20H00

CONTACTOS

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