

/ HORÁRIO

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
05:00	ACTIVE					
06:00	PERSONAL TRAINING (PT ONE / PT DUO)					ACTIVE
07:00						
08:00						
09:00						
10:00						ULTRA CORE FLEX
11:00	ACTIVE					ACTIVE
12:00	ULTRA CORE FLEX		ULTRA CORE FLEX		ULTRA CORE FLEX	
13:00		MIB		MIB		
14:00	ZUMBA	COMBO	ZUMBA	COMBO		
15:00						
16:00						
17:00	PERSONAL TRAINING (PT ONE / PT DUO)					
18:00						
19:00						
20:00	ACTIVE					