

TREINOS COLETIVOS - 45 min

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7h00		BIKE INDOOR Eberson		BIKE INDOOR Eberson		
7h30	POWER JUMP Kethelyn - 7h45	FIT DANCE Flávia	FUNCIONAL Eberson	BODY PUMP Juliana	BODY STEP Juliana - 7h45	
8h30	PILATES SOLO Alexey	FUNCIONAL Eberson	PILATES SOLO Alexey	FIT DANCE Flávia	PILATES SOLO Alexey	BIKE INDOOR Eberson
18h15	PILATES SOLO Alexey	BODY STEP Kátia	BODY PUMP Eberson	FUNCIONAL Ana	BODY COMBAT Adilson - 18h30	
18h30	BIKE INDOOR Adilson	BIKE INDOOR Eberson	BIKE INDOOR Adilson	BIKE INDOOR Eberson		
19h05	POWER JUMP Eberson	BODY PUMP Kátia	BODY ATTACK Eberson	BODY STEP Kátia		
19h55	FIT DANCE Ilcléa	FUNCIONAL Ana	FIT DANCE Ilcléa	ALONGAMENTO Eberson		