

GRADE DE AULAS DE GINÁSTICA - ACADEMIA CLUB 109

| Horário | Segunda feira | Terça feira | Quarta feira | Quinta feira | Sexta feira |
|---------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 06:40h | | 15' Club A B S | | 15' Club A B S | 15' Club Alongamento |
| 07:00h | 45' Club Pilates | 30' Club Bike | 45' Club Pilates | 30' Club Bike | 30' Club Funcional |
| 07:35h | | 30' Club Alongamento | | 30' Club Alongamento | |
| 07:50h | 30' Club Funcional | | 30' Club Funcional | | |
| 10:00h | | 45' Club Pilates | | | 45' Club Pilates |
| 16:30h | 30' Club Localizada | | 30' Club Localizada | | |
| 17:00h | 45' Club Pilates | 30' Club Alongamento | 45' Club Pilates | 30' Club Alongamento | |
| 18:00h | 30' Club Combat | | 30' Club Ritmos | | |
| | 15' Club A B S | 15' Club A B S | 15' Club A B S | 15' Club A B S | |
| 18:30h | 30' Club Bike | 30' Club Bike | 30' Club Bike | 30' Club Bike | 30' Club Bike |
| 19:00h | 15' Club A B S | 45' Club Ritmos | 15' Club A B S | 45' Club Ritmos | |
| 19:15h | 30' Club Jump | | 30' Club Jump | | 45' Club Pilates |
| 19:30h | 30' Club Alongamento | | 30' Club Alongamento | | |
| 20:00h | 30' Club Bike | | 30' Club Bike | | |
| | 45' Club Pilates | 30' Club Alongamento | 45' Club Pilates | 30' Club Alongamento | |

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| Ideal para a queima calórica | Ideal para melhora da postura e flexibilidade | Ideal para fortalecer e definir os músculos | Diversão com muita queima calórica |
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