

SEGUNDA/ MONDAY

		N	E
08:15 - 09:00	☾ VISBOXE	3	1
08:15 - 09:00	☾ BIKE	3	2
09:05 - 09:15	⊕ ABDOMINAL	2	1
09:15 - 10:15	⊕ LOCALIZADA	2	1
10:15 - 11:15	⊕ LOCALIZADA	2	1
11:00 - 11:30	⊕ HIIT	3	B
11:15 - 12:15	☾ STRETCHING	1	1
12:15 - 13:15	☾ HATHA YOGA I	1	1
18:15 - 19:15	☾ PILATES	1	1
18:30 - 18:40	⊕ ABDOMINAL	2	2
19:00 - 19:45	⊕ TRX	3	2
19:15 - 20:15	⊕ LOCALIZADA	2	1
20:00 - 20:45	☾ BIKE	3	2

TERÇA/ TUESDAY

08:15 - 09:00	⊕ TRX	3	2
08:15// 09:00	☾ STRETCH/ ⊕ TAE BO	1/2	1
09:15 - 10:00	☾ BIKE	3	2
10:00 - 11:00	⊕ LOCALIZADA	2	1
11:00 - 12:00	☾ PILATES	1	1
12:00 - 13:00	⊕ LOCAL/ ☾ DBC	2/1	1/2
17:45 - 18:45	☾ ASHTANGA YOGA - NEW	3	2
18:30 - 19:00	☾ HIIT	3	B
18:30 / 19:15	☾ STRETCH/ ⊕ TAE BO	1/2	1
19:15 - 20:00	☾ BIKE	3	2
20:15 - 21:00	☾ BOXE TRAINING	3	2
20:15 - 21:15	⊕ PUMP	3	1

QUARTA/ WEDNESDAY

08:15 - 09:00	☾ VISBOXE	3	1
08:15 - 09:00	☾ BIKE	3	2
09:05 - 09:15	⊕ ABDOMINAL	2	1
09:15 - 10:15	⊕ LOCALIZADA	2	1
10:15 - 11:15	⊕ LOCALIZADA	2	1
11:15 - 12:15	☾ BASIC PILATES	1	1
12:15 - 13:15	☾ HATHA YOGA II	2	1
18:15 - 19:15	☾ PILATES	1	1
18:30 - 18:40	⊕ ABDOMINAL	2	2
19:00 - 19:45	⊕ TRX	3	2
19:15 - 20:15	⊕ LOCALIZADA	2	1
20:00 - 20:45	☾ BIKE	3	2

QUINTA/ THURSDAY

08:15 - 09:00	⊕ TRX	3	2
08:15// 09:00	☾ STRETCH/ ⊕ TAE BO	1/2	1
09:15 - 10:00	☾ BIKE	3	2
10:00 - 11:00	⊕ LOCALIZADA	2	1
11:00 - 12:00	☾ PILATES	1	1
12:00 - 13:00	⊕ LOCAL/ ☾ DBC	2/1	1/2
17:45 - 18:45	☾ ASHTANGA YOGA - NEW	3	2
18:30 - 19:00	⊕ HIIT	3	B
18:30 - 19:15	☾ STRETCHING	1	1
19:15 - 20:15	⊕ TAE BO	2	1
19:15 - 20:00	☾ BIKE	3	2
20:15 - 21:00	☾ BOXE TRAINING	3	2
20:15 - 21:15	⊕ PUMP	3	1

OUTUBRO /OCTOBER

Instagram Facebook /HEALTHCLUBVISCONDE

2018

SEXTA/ FRIDAY

		N	E
08:15 - 09:00	☾ BIKE	3	2
09:05 - 09:15	⊕ ABDOMINAL	2	1
09:30 - 10:30	⊕ LOCALIZADA	2	1
10:30 - 11:30	☾ HATHA YOGA I	1	1
11:30 - 12:30	☾ BASIC PILATES	1	1
18:30 - 18:40	⊕ ABDOMINAL	2	2
19:15 - 20:15	⊕ LOCALIZADA	2	1

SÁBADO/ SAT

10:00 - 10:45	☾ BIKE	3	2
10:15 - 11:00	☾ DANCE MANIA	2	1
11:15 - 12:00	⊕ TRX	3	2
11:15 - 12:00	☾ FLEXIBLE MOVES	1	1
12:00 - 13:00	⊕ LOCALIZADA	2	1
12:00 - 12:30	⊕ HIIT	3	B

PISCINA/ HYDRO

MONDAY

08:30 - 09:15	☾ HIDRO GINÁSTICA	1	A
09:15 - 10:00	☾ HIDRO GINÁSTICA	1	A
10:00 - 10:45	☾ HIDRO GINÁSTICA	1	A
17:15 - 18:00	⊙ TREINO AVANÇADO	3	A
18:00 - 18:45	⊙ ADULTOS	1	A
19:00 - 19:45	☾ HIDRO GINÁSTICA	1	A

TUES

08:30 - 09:15	☾ HIDRO ABDOMINAL	2	A
19:00 - 19:45	⊙ TREINO AVANÇADO	3	A
19:45 - 20:30	☾ HIDRO GINÁSTICA	1	A

WEDNESDAY

08:30 - 09:15	☾ HIDRO GINÁSTICA	1	A
09:15 - 10:00	☾ HIDRO GINÁSTICA	1	A
10:00 - 10:45	☾ HIDRO GINÁSTICA	1	A
17:15 - 18:00	⊙ TREINO AVANÇADO	3	A
18:00 - 18:45	⊙ ADULTOS	1	A
19:00 - 19:45	☾ HIDRO GINÁSTICA	1	A

THURS

08:30 - 09:15	☾ HIDRO ABDOMINAL	2	A
19:00 - 19:45	⊙ TREINO AVANÇADO	3	A
19:45 - 20:30	☾ HIDRO GINÁSTICA	1	A

FRIDAY

08:30 - 09:15	☾ HIDRO GINÁSTICA	1	A
09:15 - 10:00	☾ HIDRO GINÁSTICA	1	A
10:00 - 10:45	☾ HIDRO GINÁSTICA	1	A
17:00 - 17:45	⊙ TREINO AVANÇADO	3	A
19:00 - 19:45	☾ HIDRO ABDOMINAL	2	A

D

11:45 - 12:30	⊙ TREINO AVANÇADO	3	A
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