



SEGUNDA MONDAY

TERÇA TUESDAY

QUARTA WEDNESDAY

QUINTA THURSDAY

SEXTA FRIDAY

SÁBADO SATURDAY

07:20 LES MILLS RPM 30 2	07:20 LES MILLS BODYBALANCE 45 3	07:20 LES MILLS BODYPUMP 45 3	08:00 LES MILLS RPM 30 2	07:20 LES MILLS BODYPUMP 45 3	09:30 PILATES 45 3
09:00 LES MILLS BODYBALANCE 45 1	07:20 CROSS BOX 60 CB	09:00 YÔGA 45 1	09:00 LES MILLS BODYPUMP 45 3	07:20 CROSS BOX 60 CB	10:00 CROSS BOX 60 CB
09:00 HIDROGINÁSTICA 45 P	08:00 LES MILLS RPM 30 2	09:00 LES MILLS BODYATTACK 45 3	09:00 PILATES 45 1	08:00 CORE TRAINING 30 1	10:30 LES MILLS BODYPUMP 45 3
10:00 HIDROGINÁSTICA 45 P	09:00 PILATES 45 3	09:00 HIDROGINÁSTICA 45 P	10:00 LES MILLS BODYBALANCE 45 3	09:00 HIDROGINÁSTICA 45 P	10:30 HIDROGINÁSTICA 45 P
10:00 LOCALIZADA 45 3	09:00 HIDROGINÁSTICA 45 P	10:00 HIDROGINÁSTICA 45 P	10:00 HIDROGINÁSTICA 45 P	09:00 LES MILLS BODYBALANCE 45 1	11:30 LES MILLS BODYBALANCE 45 3
12:45 LES MILLS sprint 30 2	10:00 HIDROGINÁSTICA 45 P	10:00 Bum Bum Brasil 30 3	11:00 POWER JUMP 30 1	09:30 LES MILLS GRIT SERIES 30 3	18:00 LOCALIZADA 40 3
12:45 CROSS BOX 60 CB	10:00 LES MILLS BODYPUMP 45 3	11:00 LES MILLS sprint 30 2	12:45 LES MILLS sprint 30 2	10:00 HIDROGINÁSTICA 45 P	18:45 LES MILLS RPM 30 2
16:30 HIDRO TERAPIA 40 P	11:00 LES MILLS RPM 30 2	12:45 LES MILLS BODYPUMP 45 3	12:45 CROSS BOX 60 CB	10:00 Bum Bum Brasil 30 3	
17:15 LES MILLS BODYBALANCE 45 1	12:45 CROSS BOX 60 CB	16:30 HIDRO TERAPIA 40 P	16:00 CIRCUITO ABS 15 5	10:30 LES MILLS BODYATTACK 30 3	
17:20 GAP 30 3	17:20 CORE TRAINING 30 3	17:15 PILATES 40 1	17:20 GAP 30 3	12:45 LES MILLS sprint 30 2	
18:00 HIDROGINÁSTICA 45 P	18:00 LES MILLS RPM 30 2	17:20 GAP 30 3	18:00 LES MILLS SH'BAM 45 3	17:30 CROSS BOX 60 CB	
18:00 LES MILLS BODYPUMP 45 3	18:00 Bum Bum Brasil 30 3	17:30 CROSS BOX 60 CB	18:00 LES MILLS sprint 30 2	18:00 HIDROGINÁSTICA 45 P	09:30 YÔGA 45 3
18:00 ZUMBA 45 1	18:00 LES MILLS SH'BAM 45 1	18:00 LES MILLS RPM 45 2	18:00 LES MILLS BODYATTACK 45 1	18:00 LES MILLS BODYPUMP 45 3	10:30 LES MILLS RPM 45 2
18:30 CROSS BOX 60 CB	18:00 CROSS BOX 60 CB	18:00 HIDROGINÁSTICA 45 P	18:00 CROSS BOX 60 CB	18:30 CROSS BOX 60 CB	10:30 HIDROGINÁSTICA 45 P
18:45 LES MILLS BODYATTACK 45 3	18:45 LES MILLS BODYPUMP 45 3	18:00 POWER JUMP 45 1	18:45 LES MILLS BODYCOMBAT 30 3	18:45 LES MILLS SH'BAM 45 3	18:00 LES MILLS BODYPUMP 45 3
19:00 POWER JUMP 30 1	18:45 PILATES 45 1	18:00 LES MILLS BODYBALANCE 45 3	18:45 PILATES 45 1	18:45 POWER JUMP 45 1	18:50 LES MILLS BODYBALANCE 45 3
19:00 LES MILLS RPM 45 2	19:00 HIDROGINÁSTICA 45 P	18:30 CROSS BOX 60 CB	19:00 CROSS BOX 60 CB	18:45 LES MILLS RPM 30 2	
19:30 LES MILLS GRIT SERIES 30 3	19:00 CROSS BOX 60 2	18:45 ZUMBA 45 1	18:45 LES MILLS RPM 30 2	19:30 Bum Bum Brasil 30 3	
19:30 YÔGA 45 1	19:15 LES MILLS RPM 30 2	18:45 LES MILLS BODYPUMP 45 3	19:00 HIDROGINÁSTICA 45 P	19:30 CROSS BOX 60 CB	
19:30 CROSS BOX 60 CB	19:30 LES MILLS BODYBALANCE 45 1	19:40 LES MILLS GRIT SERIES 30 3	19:30 LES MILLS BODYPUMP 45 3	19:30 LES MILLS BODYBALANCE 45 1	
20:00 LES MILLS RPM 30 2	19:45 LES MILLS BODYCOMBAT 45 3	19:30 CROSS BOX 60 CB	20:00 CROSS BOX 60 CB		
	20:00 CROSS BOX 60 CB	19:30 YÔGA 45 1			
		20:00 LES MILLS RPM 45 2			

DOMINGO SUNDAY

V. DEZ/22
v 1.0

SEGUNDA A SEXTA DAS 7:00 ÀS 22:00
FIM DE SEMANA E FERIADOS DAS 9:00 ÀS 20:00

onebike
all about cycling

clínica alvor
CLÍNICA MÉDICA E DENTÁRIA

La Gioconda
Pizzeria & Trattoria



Horário Digital