



Horário Classes de Grupo

Agosto 2010 (sujeito a correcções pontuais)

H. de funcionamento: 10:00 - 13:30 e 16:00 - 21:30

Sábado: 10:00 - 13:00

SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA	
2		3		4		5		6	
10:30	LOCAL	18:00	LOCAL			10:30	LOCAL		
18:00	STEP	19:00	RITMOS	18:00	AERODANCE	18:00	PILATES	18:00	URBAN STYLE
19:00	LOCAL	20:00	CYCLING	19:00	LIFT PUMP	19:00	CYCLING	19:00	LIFT PUMP
9		10		11		12		13	
10:30	LOCAL	18:00	LOCAL			10:30	LOCAL		
18:00	STEP	19:00	RITMOS	18:00	AERODANCE	18:00	LOCAL	18:00	RAGGA
19:00	LOCAL	20:00	CYCLING	19:00	LIFT PUMP	19:00	CYCLING	19:00	LIFT PUMP
16		17		18		19		20	
10:30	LOCAL					10:30	CYCLING		
18:00	STEP	18:00	LOCAL	18:00	AERODANCE	18:00	LOCAL	18:00	SENSUAL MOVES
19:00	LOCAL	19:00	CYCLING	19:00	LIFT PUMP	19:00	JUMP	19:00	LIFT PUMP
23		24		25		26		27	
10:30	LOCAL					10:30	LOCAL		
18:00	STEP	18:00	STEP	18:00	AERODANCE	18:00	LOCAL	18:00	RAGGA
19:00	LOCAL	19:00	CYCLING	19:00	LIFT PUMP	19:00	CYCLING	19:00	LIFT PUMP
30		31							
10:30	LOCAL								
18:00	STEP	18:00	LOCAL						
19:00	LOCAL	19:00	FITBOXE						
20:00	CYCLING								