

MAPA DE TREINOS

ABRIL



SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
	07H00 CROSS TRAINING 60'			07H00 CROSS TRAINING 60'		
	9H30 CROSS TRAINING 45'		9H30 HYBRID 45'		9H30 PILATES 45'	9H30 RUN CLASS 60'
10H30 BOXE 60'		10H30 PILATES 45'		10H30 FLOW 45'	10H30 CROSS TRAINING 60'	
11H30 PILATES EQUIPAMENTOS 45'						
12H45 CROSS TRAINING 60'	12H45 HYBRID 60'	12H45 HYBRID 60'	12H45 CROSS TRAINING 60'	12H45 CROSS TRAINING 60'		
				17H30 PILATES 45'		
18H30 HYBRID 60'	18H30 BOXE 60'	18H30 CROSS TRAINING 60'	18H30 BOXE 60'	18H30 HYBRID 60'		
19H35 FLOW 45'	19H35 HYBRID 60'	19H35 FLOW 45'	19H35 CROSS TRAINING 60'			

7H00 - 18H30 OPEN BOX

