

AULAS COLETIVAS

Seg

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Qui

Sex

Sab

07:00

BIKE INDOOR

BIKE INDOOR

PILATES

07:00

PILATES

PILATES

07:20

ALONGAMENTO

ALONGAMENTO

07:40

ALONGAMENTO

07:55

ABS

ABS

08:00

BIKE INDOOR

BIKE INDOOR

BIKE INDOOR

10:00

BIKE INDOOR

17:50

PILATES

PILATES

18:00

JUMP

JUMP

18:30

ABS

RITMOS

ABS

RITMOS

POWER MIX

19:10

BIKE INDOOR

BIKE INDOOR

BIKE INDOOR

19:10

POWER MIX

POWER MIX