

2ªfeira

7:05	CROSSTRaining	BOX	FFITNESS HEALTH CLUB
9:00	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
9:00	PILATES	S1	DESAFIOFIT REPESES
10:00	3B	30'	S1
10:00	PILATES	S1	DESAFIOFIT SERPA PINTO

3ªfeira

7:30	CYCLING	S2	DESAFIOFIT REPESES
8:00	HIFFIT	BOX	FFITNESS HEALTH CLUB
9:00	AEROLOCAL	FUN	FFITNESS HEALTH CLUB
9:00	HIDROTERAPIA	PISC	FFITNESS HEALTH CLUB
9:00	GOFLO	BOX	DESAFIOFIT REPESES
10:00	CYCLING	S2	DESAFIOFIT REPESES
10:00	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
10:00	PILATES	ZEN	FFITNESS HEALTH CLUB

4ªfeira

7:05	CROSSTRaining	BOX	FFITNESS HEALTH CLUB
8:00	CYCLING	ENER	FFITNESS HEALTH CLUB
9:00	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
9:00	STELL TRAINING	S1	DESAFIOFIT REPESES
10:00	GAP	FUN	FFITNESS HEALTH CLUB
10:00	PILATES C/ BOLA	S1	DESAFIOFIT REPESES

5ªfeira

7:30	CYCLING	S2	DESAFIOFIT REPESES
8:00	HIFFIT	BOX	FFITNESS HEALTH CLUB
8:00	HIFFIT	BOX	DESAFIOFIT REPESES
9:00	CYCLING	S2	DESAFIOFIT REPESES
9:00	HIDROTERAPIA	PISC	FFITNESS HEALTH CLUB
9:00	BODY PUMP	FUN	FFITNESS HEALTH CLUB
10:00	AEROLOCAL	S1	DESAFIOFIT REPESES
10:00	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
10:00	ABS	30'	S1

6ªfeira

7:05	CROSSTRaining	BOX	FFITNESS HEALTH CLUB
8:00	AEROLOCAL	FUN	FFITNESS HEALTH CLUB
9:00	STRETCHING	S1	DESAFIOFIT REPESES
9:00	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
10:00	STEEL TRAINING	S1	DESAFIOFIT REPESES

SÁBADO

9:00	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
9:30	CYCLING	S2	DESAFIOFIT REPESES
9:50	NATAÇÃO 4 7	PISC	FFITNESS HEALTH CLUB
10:00	BALLET BABIE	KIDS	FFITNESS HEALTH CLUB
10:30	ZUMBA	PISC	FFITNESS HEALTH CLUB
10:40	NATAÇÃO 8 14	PISC	FFITNESS HEALTH CLUB
10:45	FLOW ADULTO	KIDS	FFITNESS HEALTH CLUB
11:30	NATAÇÃO BEBÉ	PISC	FFITNESS HEALTH CLUB
11:45	BALLET INTERMÉDIO	KIDS	FFITNESS HEALTH CLUB
12:15	NATAÇÃO BEBÉ	PISC	FFITNESS HEALTH CLUB

DOMINGO

10:00	NATAÇÃO 4/8	PISC	FFITNESS HEALTH CLUB
10:00	BODY PUMP	FUN	FFITNESS HEALTH CLUB
10:00	CYCLING	S2	DESAFIOFIT REPESES
10:30	HYPER C	30'	FUN
10:50	NATAÇÃO BEBÉ	PISC	FFITNESS HEALTH CLUB
11:00	CYCLING	ENER	FFITNESS HEALTH CLUB
11:30	NATAÇÃO 8/14	PISC	FFITNESS HEALTH CLUB

17:30	HIDROTERAPIA	PISC	FFITNESS HEALTH CLUB
17:30	ABS	30'	S1
18:00	CROSSKIDS	BOX	FFITNESS HEALTH CLUB
18:15	JIU-JITSU KIDS 4 7	DOJO	FFITNESS HEALTH CLUB
18:30	CYCLING	S2	DESAFIOFIT REPESES
18:30	YOGA	ZEN	FFITNESS HEALTH CLUB
18:30	BODY PUMP	FUN	FFITNESS HEALTH CLUB
18:30	GAP	S1	DESAFIOFIT REPESES
18:30	NATAÇÃO 7 12	PISC	FFITNESS HEALTH CLUB
19:00	BODY PUMP	S1	DESAFIOFIT REPESES
19:00	BALLET 2	KIDS	FFITNESS HEALTH CLUB
19:00	JIU-JITSU 8 12	DOJO	FFITNESS HEALTH CLUB
19:30	CYCLING	ENER	FFITNESS HEALTH CLUB
19:30	CYCLING	S1	DESAFIOFIT REPESES
19:30	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
19:30	CROSS4KIDS	KIDS	FFITNESS HEALTH CLUB
19:45	JIU-JITSU ADULTOS	DOJO	FFITNESS HEALTH CLUB
20:00	CROSSTRaining	BOX	FFITNESS HEALTH CLUB
20:00	PILATES	ENER	FFITNESS HEALTH CLUB
20:15	ABS	30'	S1
20:30	GAP	FUN	FFITNESS HEALTH CLUB
20:30	ZUMBA	S1	DESAFIOFIT REPESES

17:30	PILATES COM BOLA	S1	DESAFIOFIT REPESES
17:30	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
18:00	ZUMBA KIDS 1	KIDS	FFITNESS HEALTH CLUB
18:00	GOFLO	BOX	FFITNESS HEALTH CLUB
18:15	JIU-JITSU KIDS 4 7	DOJO	FFITNESS HEALTH CLUB
18:15	NATAÇÃO 4 7	PISC	FFITNESS HEALTH CLUB
18:30	HIFFIT	FUN	FFITNESS HEALTH CLUB
18:30	JUMP	S1	DESAFIOFIT REPESES
18:50	ZUMBA KIDS 2	FUN	FFITNESS HEALTH CLUB
18:30	BODY JUMP	S1	DESAFIOFIT REPESES
19:00	HIDROTERAPIA	PISC	FFITNESS HEALTH CLUB
19:00	JIU-JITSU 8 12 / COMP.	DOJO	FFITNESS HEALTH CLUB
19:00	HIFFIT	BOX	FFITNESS HEALTH CLUB
19:15	BALLET KIDS 3	KIDS	FFITNESS HEALTH CLUB
19:30	CYCLING	ENER	FFITNESS HEALTH CLUB
19:30	CYCLING	S2	DESAFIOFIT REPESES
19:30	PILATES	ZEN	FFITNESS HEALTH CLUB
19:30	ABS	30'	S1
19:30	3B	30'	S1
19:45	JIU-JITSU ADULTO COMP.	DOJO	FFITNESS HEALTH CLUB
20:00	CROSSTRaining	BOX	FFITNESS HEALTH CLUB
20:30	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
20:30	ZUMBA	FUN	FFITNESS HEALTH CLUB

17:00	3B	30'	S1
17:30	HIDROTERAPIA	PISC	FFITNESS HEALTH CLUB
17:45	BALLET BABIES	KIDS	FFITNESS HEALTH CLUB
18:00	ABS	30'	S1
18:15	JIU-JITSU	KIDS	FFITNESS HEALTH CLUB
18:30	PILATES	ZEN	FFITNESS HEALTH CLUB
18:30	PILATES	S1	DESAFIOFIT REPESES
18:30	BALLET KIDS 1	KIDS	FFITNESS HEALTH CLUB
18:30	BODY COMBAT	FUN	FFITNESS HEALTH CLUB
18:30	YOURFIT BOOTY	S1	DESAFIOFIT REPESES
18:30	NATAÇÃO	PISC	FFITNESS HEALTH CLUB
19:00	CYCLING	S2	DESAFIOFIT REPESES
19:00	JIU-JITSU	DOJO	FFITNESS HEALTH CLUB
19:30	K-BOX	30'	S1
19:30	BALLET KIDS 2	PISC	FFITNESS HEALTH CLUB
19:30	STRONG NATION	S1	DESAFIOFIT REPESES
19:30	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
19:30	BODY JUMP	FUN	FFITNESS HEALTH CLUB
19:30	YOGA	ZEN	FFITNESS HEALTH CLUB
19:45	JIU-JITSU	DOJO	FFITNESS HEALTH CLUB
20:00	CROSSTRaining	BOX	FFITNESS HEALTH CLUB
20:00	YOURFIT MIND	30'	S1
20:30	BUMBUM	30'	FUN

17:30	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
18:00	GOFLO	BOX	FFITNESS HEALTH CLUB
18:00	GAP	30'	S1
18:15	JIU-JITSU KIDS 4 7	DOJO	FFITNESS HEALTH CLUB
18:30	JUMP	S1	DESAFIOFIT REPESES
18:30	CYCLING	S2	DESAFIOFIT REPESES
18:30	BALLET INTERMÉDIO	KIDS	FFITNESS HEALTH CLUB
18:30	K-BOX	30'	S1
18:30	CYCLING	ENER	FFITNESS HEALTH CLUB
19:00	HIFFIT	BOX EXT	FFITNESS HEALTH CLUB
19:00	ABS	30'	FUN
19:00	JIU-JITSU 8 12 / COMP.	DOJO	FFITNESS HEALTH CLUB
19:00	STRETCHING	BOX	FFITNESS HEALTH CLUB
19:00	PILATES	ZEN	FFITNESS HEALTH CLUB
19:00	HIDROTERAPIA	PISC	FFITNESS HEALTH CLUB
19:30	BODY PUMP	FUN	FFITNESS HEALTH CLUB
19:30	CYCLING	S1	DESAFIOFIT REPESES
19:30	BODY PUMP	S1	DESAFIOFIT REPESES
19:30	HIFFIT	BOX	FFITNESS HEALTH CLUB
19:30	HIP HOP	KIDS	FFITNESS HEALTH CLUB
19:45	JIU-JITSU ADULTO COMP.	DOJO	FFITNESS HEALTH CLUB
20:00	HIDROGINÁSTICA	PISC	FFITNESS HEALTH CLUB
20:30	ZUMBA	S1	DESAFIOFIT REPESES

17:30	NATAÇÃO	PISC	FFITNESS HEALTH CLUB
18:00	3B	30'	S1
18:00	CROSS KIDS	BOX	FFITNESS HEALTH CLUB
18:15	JIU-JITSU	DOJO	FFITNESS HEALTH CLUB
18:15	DANÇA CRIATIVA 3 5	KIDS	FFITNESS HEALTH CLUB
18:30	BODY COMBAT	FUN	FFITNESS HEALTH CLUB
18:30	PILATES	ZEN	DESAFIOFIT REPESES
19:00	CROSSTRaining	BOX	FFITNESS HEALTH CLUB
19:00	DANÇA CRIATIVA > 6	KIDS	FFITNESS HEALTH CLUB
19:00	CYCLING	S2	DESAFIOFIT REPESES
19:00	ABS	30'	S1
19:00	JIU-JITSU	DOJO	FFITNESS HEALTH CLUB
19:30	BODY ATTACK	FUN	FFITNESS HEALTH CLUB
19:45	JIU-JITSU	DOJO	FFITNESS HEALTH CLUB

DINÂMICAS SALA DE EXERCÍCIO

SPEED POWER 30' FFITNESS HEALTH CLUB

08:00 / 12:30 SEGUNDA FEIRA
12:30 TERÇA FEIRA
12:30 QUARTA FEIRA
12:30 QUINTA FEIRA
12:30 SEXTA FEIRA

D-EXPRESS 30' DESAFIOFIT REPESES

8:00 / 12:30 / 16:30 SEGUNDA FEIRA
8:00 / 12:30 / 16:30 TERÇA FEIRA
8:00 / 12:30 / 16:30 QUARTA FEIRA
12:30 / 16:30 QUINTA FEIRA
8:00 / 16:30 SEXTA FEIRA

BURN 30' DESAFIOFIT SERPA PINTO

17:00 SEGUNDA FEIRA
10:00 / 20:00 TERÇA FEIRA
10:00 / 17:00 QUARTA FEIRA
17:00 / 20:00 QUINTA FEIRA

LEGENDA

- FFITNESS HEALTH CLUB
- DESAFIOFIT REPESES
- BOX DESAFIO REPESES
- DESAFIOFIT SERPA PINTO
- AULA COM VIDEO CONFERÊNCIA
- AULAS COM DURAÇÃO DE 30 MINUTOS
- AULAS COM DURAÇÃO DE 15 MINUTOS