

HORÁRIO AULAS DE GRUPO



DIA/ HORAS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
MANHÃ						
08:00		Crosstraining		Crosstraining		
09:00	Crosstraining	Pilates	YOGA	Pilates	Crosstraining	Meditação (Pousada)
10:00		HITIO Gap (Pedras D'el Rei)	SOS Costas	HITIO Gap (Pedras D'el Rei)		Yoga (Pousada)
10:30	YOGA (Academia de Música)					
TARDE						
17:30		TIGER (5-9)		TIGER (5-9)		
18:00	Crosstraining Junior (10-13)		Crosstraining Junior (10-13)			
18:15		JUDO (10-13)		JUDO (10-13)		
18:30	Pilates	Fitness Boxing		Fitness Boxing		
18:45	Crosstraining		Crosstraining		Crosstraining	
19:25		Krav Maga		Krav Maga		
20:30		BJJ		BJJ		

- Body and Mind
- Fitness
- Kids/Junior
- Martial Arts