



Setembro 2011

| Horas | Segunda | | | Terça | | | Quarta | | | Quinta | | | Sexta | | | Sábado | | Horas |
|-------|---------|-------------|----|---------|-------------|----|--------|--------|----|--------|-------------|----|--------|----------|----|---------|--------|-------|
| | Sala 1 | Sala 2 | H | Sala 1 | Sala 2 | H | Sala 1 | Sala 2 | H | Sala 1 | Sala 2 | H | Sala 1 | Sala 2 | H | Sala 1 | Sala 2 | |
| 9 | 30 | | 30 | | | 30 | | | 30 | | | 30 | | | 30 | | | 9 |
| | 45 | | 45 | LOCAL | | 45 | | | 45 | LOCAL | | 45 | | | 45 | | | |
| 10 | 0 | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 10 |
| | 15 | | 15 | | | 15 | | | 15 | | | 15 | | | 15 | | | |
| | 30 | | 30 | | | 30 | | | 30 | | | 30 | | | 30 | | | |
| 11 | 0 | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 11 |
| | 15 | | 15 | | | 15 | | | 15 | | | 15 | | | 15 | | | |
| | 30 | | 30 | | | 30 | | | 30 | | | 30 | | | 30 | | | |
| 12 | 0 | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 12 |
| | 15 | | 15 | | | 15 | | | 15 | | | 15 | | | 15 | CYCLING | ABS | |
| 18 | 0 | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 18 |
| | 15 | | 15 | | | 15 | | | 15 | | | 15 | | | 15 | | | |
| | 30 | LOW BODY | 30 | | | 30 | | | 30 | | | 30 | | | 30 | | | |
| | 45 | | 45 | | FIT BOXE | 45 | | LOCAL | 45 | | ACTIVA JUMP | 45 | | LOW BODY | 45 | | | |
| 19 | 0 | CYCLING | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 19 |
| | 15 | | 15 | | ACTIVA JUMP | 15 | | | 15 | | | 15 | | ABS | 15 | | | |
| | 30 | | 30 | | | 30 | | | 30 | | FIT BOXE | 30 | | | 30 | | | |
| 20 | 0 | ACTIVA JUMP | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 20 |
| | 15 | | 15 | CYCLING | PILATES | 15 | | ABS | 15 | | LOCAL | 15 | | | 15 | | | |
| | 30 | | 30 | | | 30 | | | 30 | | | 30 | | | 30 | | | |
| 21 | 0 | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 21 |
| | 15 | | 15 | | | 15 | | | 15 | | | 15 | | | 15 | | | |
| | 30 | | 30 | | | 30 | | | 30 | | | 30 | | | 30 | | | |
| 21 | 0 | | 0 | | | 0 | | | 0 | | | 0 | | | 0 | | | 21 |
| | 45 | | 45 | | | 45 | | | 45 | | | 45 | | | 45 | | | |

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