



# Setembro 2010

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	Sala 1		
9	30		30		LOCAL	30		30		LOCAL	30				30	9	30
	45		45			45		45			45				45		45
10	0		0			0		0			0				0	10	0
	15		15			15		15			15				15		15
	30		30			30		30			30				30		30
	45		45			45		45			45				45		45
11	0		0			0		0			0				0	11	0
	15		15			15		15			15				15		15
	30		30			30		30			30				30		30
	45		45			45		45			45				45		45
12	0		0			0		0			0				0	12	0
	15		15			15		15			15				15		15
18	30	LOW BODY	30		FIT BOXE	30		30		ACTIVA JUMP	30		CIRCUITO		30	18	30
	45		45			45		45	ABS		45				45		45
19	0	CYCLING	0			0		0		LOW BODY	0			ABS	0	19	0
	15		15		ACTIVA JUMP	15		15			15				15		15
	30		30			30		30			30				30		30
	45		45	ABS		45	CYCLING	YOGA			45		CYCLING	PILATES	45		45
20	0		0			0		0		FIT BOXE	0				0	20	0
	15		15	CYCLING	PILATES	15		15			15				15		15
	30		30			30		30			30				30		30
	45		45			45		45			45				45		45