

| SEGUNDA-FEIRA                                    | TERÇA-FEIRA                                | QUARTA-FEIRA                                     | QUINTA-FEIRA                               | SEXTA-FEIRA                                      |
|--------------------------------------------------|--------------------------------------------|--------------------------------------------------|--------------------------------------------|--------------------------------------------------|
|                                                  | ZUMBA/RITMOS<br>19:15 - 20:15              |                                                  | ZUMBA/RITMOS<br>19:15 - 20:15              |                                                  |
| MUAY-THAI<br>18:45 - 19:45<br>19:45 - 20:45      |                                            | MUAY-THAI<br>18:45 - 19:45<br>19:45 - 20:45      |                                            | MUAY-THAI<br>19:30 - 20:30                       |
|                                                  | JIU-JITSU<br>19:15 - 20:15                 |                                                  | JIU-JITSU<br>19:15 - 20:15                 |                                                  |
| FUNCIONAL<br>08:00 - 09:00<br>18:30 - 19:30      |                                            | FUNCIONAL<br>08:00 - 09:00<br>18:30 - 19:30      |                                            | FUNCIONAL<br>08:00 - 09:00<br>18:30 - 19:30      |
|                                                  | STEP/GAP<br>08:00 - 09:00<br>18:30 - 19:15 |                                                  | STEP/GAP<br>08:00 - 09:00<br>18:30 - 19:15 | STEP/GAP<br>18:30 - 19:30                        |
| CROSS-TRAINING<br>08:00 - 09:00<br>18:30 - 19:30 |                                            | CROSS-TRAINING<br>08:00 - 09:00<br>18:30 - 19:30 |                                            | CROSS-TRAINING<br>08:00 - 09:00<br>18:30 - 19:30 |