

# TABELA DAS AULAS

<b>HORÁRIOS</b>	<b>2ª</b>	<b>3ª</b>	<b>4ª</b>	<b>5ª</b>	<b>6ª</b>
<b>7:00 – 7:30</b>	<b>SPINNING</b>		<b>SPINNING</b>		<b>SPINNING</b>
<b>7:00 – 7:40</b>		<b>ALONG</b>		<b>ALONG</b>	
<b>7:30 – 8:00</b>	<b>PILATES</b>		<b>PILATES</b>		<b>PILATES</b>
<b>7:40 – 8:00</b>		<b>ABD</b>		<b>ABD</b>	
<b>8:00 – 8:30</b>		<b>FUNCIONAL</b>		<b>FUNCIONAL</b>	
<b>8:30 – 9:00</b>		<b>BALANCE</b>		<b>BALANCE</b>	
<b>17:30 – 18:00</b>		<b>FUNCIONAL</b>		<b>FUNCIONAL</b>	
<b>18:00 – 18:30</b>		<b>STEP</b>		<b>STEP</b>	
<b>18:00 – 18:45</b>	<b>FUNCIONAL</b>		<b>FUNCIONAL</b>		<b>ABD/ALONG</b>
<b>18:30 – 19:10</b>		<b>PILATES</b>		<b>PILATES</b>	
<b>18:45 – 19:15</b>	<b>ALONG.</b>		<b>ALONG.</b>		<b>SPINNING</b>
<b>19:10 – 19:40</b>		<b>SPINNING</b>		<b>SPINNING</b>	
<b>19:15 – 20:00</b>	<b>SPINNING</b>		<b>SPINNING</b>		
<b>19:15 – 20:00</b>	<b>JUMP</b>		<b>JUMP</b>		
<b>19:40 – 20:10</b>		<b>GAP</b>		<b>GAP</b>	
<b>20:00 – 20:45</b>	<b>ZUMBA</b>		<b>ZUMBA</b>		
<b>20:10 – 20:40</b>		<b>FUNCIONAL</b>		<b>FUNCIONAL</b>	
<b>20:15 – 21:45</b>		<b>MUAY THAI</b>		<b>MUAY THAI</b>	
<b>20:45 – 21:15</b>	<b>SPINNING</b>		<b>SPINNING</b>		
<b>20:45 – 22:00</b>	<b>JIU- JITSU</b>		<b>JIU- JITSU</b>		