

HORÁRIO DO FITNESS, CORPO & MENTE

Segunda

Terça

Quarta

Quinta

Sexta

Sábado

Manhã

			07:10 60'	Ashtanga Yoga	P1 S3 Exterior												
09:00 60'	Tai Chi I	P2 S5	09:00 45'	Postura & Along.	P0 S1 Exterior	09:05 45'	Pilates	P0 S2 Exterior					09:05 45'	Pilates	P0 S2 Exterior		
09:05 45'	Pilates	P0 S2 Exterior	09:00 60'	Ashtanga Yoga	P1 S3 Exterior	09:50 60'	Tai Chi I + II	P2 S5	09:00 60'	Ashtanga Yoga	P1 S3 Exterior	09:30 60'	Tai Chi II	P2 S5	09:00 60'	Ashtanga Yoga	P1 S3 Exterior
10:00 60'	Ashtanga Yoga	P1 S3 Exterior	10:10 45'	Pilates	P1 S2 Exterior	09:55 45'	Pilates	P1 S2 Exterior	10:10 45'	Pilates	P1 S2 Exterior				10:10 45'	Pilates	P1 S2 Exterior
10:10 45'	Pilates	S2 Online				10:55 30'	Total Condicion.	P1 S1 Exterior	10:30 60'	Ashtanga Yoga	S3 Online	10:20 30'	Postura & Along.	P1 S1 Exterior	10:30 60'	Ashtanga Yoga	S3 Online
11:10 30'	Total Condicion.	P1 S1 Exterior	11:15 45'	Pilates	P1 S2 Exterior	11:30 30'	Total Condicion.	P1 S1 Exterior	11:15 45'	Pilates	P1 S2 Exterior	11:00 30'	Postura & Along.	P1 S1 Exterior			
11:45 30'	Total Condicion.	P1 S1 Exterior							12:10 45'	ZUMBA	P1 S1 Exterior						

Tarde

			16:40 45'	Yoga Crianças	P1 S3 Exterior												
18:00 45'	Pilates	P1 S2 Exterior							18:40 30'	3B	P0 S1 Exterior						
18:45 30'	LES MILLS BODYATTACK	P0 S1 Exterior	18:40 45'	LES MILLS BODYPUMP	P0 S1 Exterior	18:45 30'	Core	P0 S1 Exterior	18:45 45'	Pilates	P1 S2 Exterior	18:50 30'	Core	P0 S1 Exterior	Domingo		
18:55 45'	Pilates	P1 S2 Exterior							19:25 45'	LES MILLS BODYPUMP	P0 S1 Exterior				11:00 45'	LES MILLS BODYPUMP	P1 S1 Exterior
19:35 45'	ZUMBA	P0 S1 Exterior	19:40 30'	3B	P0 S1 Exterior	19:35 45'	ZUMBA	P0 S1 Exterior	19:45 45'	Pilates	S2 Online	19:35 30'	LES MILLS BODYATTACK	P0 S1 Exterior	12:00 30'	3B	P1 S1 Exterior
19:50 60'	Ashtanga Yoga	P1 S3 Exterior				19:50 60'	Ashtanga Yoga	P1 S3 Exterior	19:50 60'	Ashtanga Yoga	P1 S3 Exterior						
												20:20 30'	Flex. e Força	P0 S1 Exterior			
21:00 60'	Ashtanga Yoga	S3 Online							21:00 60'	Ashtanga Yoga	S3 Online						

Noite

Legenda: P (Piso da aula presencial) e S (Sala online)

SALA DE EXERCÍCIO
2ª A 6ª 07H-21H
SÁB. 09H-14H
DOM. E FER. 10H-14H

Pacote Fitness	Pacote Corpo e Mente
Resistência / Tônus Muscular	Corpo & Mente
Cardio / Perda de Peso	

HORÁRIO DA DANÇA E ARTES MARCIAIS

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
Manhã						09:10 50' Contemporâneo II P0 S4 Ana
						10:15 50' Contemp. Adultos P0 S4 Ana
Almoço		13:00 50' SBK P0 S3 Salsa-Bachata-Kizomba Rui C.				11:20 50' Ballet Adultos P0 S4 Ana
		15:20 50' Danças do Mundo - Senior + P0 S3 Vanessa	15:20 50' Ballet B. de Chão P0 S4 Ballet III, IV, V Ana			11:45 50' Kizomba Ladies P2 S8 Anita
Tarde	16:30 45' Ballet I P0 S4 Ana	16:30 45' Ballet II P0 S4 Ana	16:30 45' Ballet I P0 S4 Ana	16:30 45' Ballet II P0 S4 Ana	16:25 50' Judo III S2 Diogo	12:25 90' Ballet V P0 S4 Ana
	16:30 45' Funky Kids I P2 S3 Cátia		16:30 45' Funky Kids I P1 S3 Cátia	16:35 45' Karate I P2 S3 Fred.	16:40 45' Hip Hop I P2 S2 Cat&Sof	
	17:05 45' Hip-Hop I P1 S3 Cat&Sof	17:35 45' Judo I S2 Diogo	17:30 50' Hip Hop II P2 S2 Cat&Sof	16:45 45' Judo I S2 Diogo	16:45 50' Ballet Pontas P0 S4 Ana	
	17:35 50' Ballet IV P0 S4 Ana	17:35 45' Ballet III P0 S4 Ana	17:35 50' Ballet IV + V P0 S4 Ana	17:35 45' Ballet III P0 S4 Ana	17:30 50' Hip Hop II P1 S2 Cat&Sof	
	17:35 45' Funky Kids II P2 S3 Cátia	17:45 45' Karate I P2 S3 Faustino	17:35 45' Funky Kids II P1 S3 Cátia	17:35 45' Karate II P2 S3 Fred.	17:45 45' Contemp. I P2 S1 Marta	Domingo
		18:40 45' Judo II S2 Diogo	18:35 50' Hip Hop III P2 S2 Cat&Sof	17:45 45' Judo II S2 Diogo	17:45 50' Ballet Barra de Chão P0 S4 Ballet III, IV, V Ana	
	18:40 45' Funky Kids III P2 S3 Cátia	18:45 45' Karate II P2 S3 Faustino	18:40 50' Funky Kids III P1 S3 Cátia	18:35 45' Karate III P2 S3 Fred.	18:35 50' Hip Hop III P1 S2 Cat&Sof	
		19:40 100' Sevilh. III / Flam. II P1 S7 Isabel	19:35 50' Hip Hop IV P2 S2 Cat&Sof		18:50 100' SBK - I + II P2 S3 Salsa-Bachata-Kizomba Rui C.	
		19:45 50' Karate III P2 S3 Faustino	19:40 50' D.Salão inic. P1 S6 Vanessa		19:35 50' Hip Hop IV P1 S2 Cat&Sof	
	20:40 50' D.Salão inter.I P0 S6 Vanessa	20:35 50' Contemp. III P0 S4 Ana	20:40 50' D.Salão inter.I P0 S6 Vanessa	20:35 50' Contemp. II P0 S4 Marta	20:40 50' Kizomba P1 S8 Anita	
	20:50 50' Hip Hop Adultos P2 S2 Cat&Sof	20:40 50' Ballet Adultos P1 S4 Marta				
21:40 50' D.Salão inter.II P0 S6 Vanessa	21:40 50' Contemp. IV P0 S4 Ana	21:40 50' D.Salão inter.II P0 S6 Vanessa	21:40 50' Contemp. IV P0 S4 Marta	21:10 50' Contemp. III P0 S4 Marta		
	21:40 50' Sevilh. II P1 S7 Isabel	21:40 50' Flamenco I P1 S7 Isabel				

Legenda: P (Piso da aula presencial) e S (Sala online)

BALLET
DANÇA CONTEMP.
DANÇAS DO MUNDO
DANÇAS DE SALÃO
FUNKY KIDS

FLAMENCO
HIP HOP
JUDO
KARATE

KIZOMBA
SAPATEADO
SBK - Salsa-Bachata-Kizomba
SEVILHANAS

Outros Horários

Futsal - Informações na recepção do Clube

Corfebol - Informações na recepção do Clube

Música - 1 ou 2 vezes por semana - dias e horário a definir