



QUADRO DE AULAS

Horários	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
MANHÃ						
6:30	HIIT 30'		HARD CIRCUIT 30'		HIIT 30'	
7:00	BIKEMOTION 45'	CROSS FIGTH 60'	BIKEMOTION 45'	CROSS FIGTH 60'	BIKEMOTION 45'	
7:45	MAT PILATES 45'		MAT PILATES 45'		ABDOMINAIS 20'	
8:00		ZUMBA 45'		ZUMBA 45'		
8:05					ALONGAMENTO 30'	
8:45		YOGA 60'		YOGA 60'		
10:00	YOGA 60'	ABDOMINAIS 20'	YOGA 60'	ABDOMINAIS 20'		
10:20		GLÚTEOS 20'		GLÚTEOS 20'		
10:40		ALONGAMENTO 20'		ALONGAMENTO 20'		
11:00						ABDOMINAIS 15'
11:15						BIKEMOTION 45'
11:30	ALONGAMENTO 30'		ALONGAMENTO 30'		ALONGAMENTO 30'	
12:00	LOCALIZADA 30'		ABDOMINAIS 15'		LOCALIZADA 30'	ALONGAMENTO 30'
12:15			GLÚTEOS 15'			
12:30	BIKEMOTION 45'		BIKEMOTION 45'			
12:30	LUTAS 60'	FUNCIONAL CLASS 45'	LUTAS 60'	ZUMBA 45'	HIIT 45'	
TARDE						
15:30	FUNCIONAL SENIOR 60'		ZUMBA GOLD 60'		FUNCIONAL SENIOR 60'	
NOITE						
18:00	ALONGAMENTO 20'	MAT PILATES 45'	ALONGAMENTO 30'	MAT PILATES 45'	ALONGAMENTO 20'	
18:15						
18:20	GLUTEOS 20'				GLUTEOS 20'	
18:30		BIKEMOTION 45'	FUNCIONAL CLASS 45'	BIKEMOTION 45'		
18:40	ABDOMINAIS 20'				ABDOMINAIS 20'	
18:45		ZUMBA 45'		ZUMBA 45'		
19:00	BIKEMOTION 45'		BIKEMOTION 45'		BIKE 45'	
19:00	HITT 30'					
19:15			MAT PILATES 45'			
19:30	CROSS CORE 30'	ABDOMINAIS 15'		ABDOMINAIS 15'		
19:45		LOCALIZADA 45'		LOCALIZADA 45'		
20:00	BIKEMOTION 45'		BIKEMOTION 45'			
20:10	FUNCIONAL CLASS 45'		FUNCIONAL CLASS 60'			
20:30		YOGA 60'		YOGA 60'		
21:00	LUTAS 60'					
21:10			LUTAS 60'			

*Horário sujeito a alterações sem aviso prévio.



www.estacaofitness.com.br

[/estacaofitness](https://www.facebook.com/estacaofitness)
[@estacaofitness](https://www.instagram.com/estacaofitness)



Nosso melhor exercício é cuidar de você.