

## HORÁRIOS DAS GINÁSTICAS

	HORÁRIOS DAS GINÁSTICAS				
	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07h15	LOCAL/JUMP		LOCAL/JUMP		LOCAL/JUMP
07h30		STEP/LOCAL ROBSON		STEP/LOCAL ROBSON	
07h45	LOCAL BALL VERA		LOCAL BALL VERA		LOCAL BALL VERA
08h15	LOCAL		LOCAL		LOCAL
08h30	ALONGAMENTO VERA	LOCAL/ALONGAM ROBSON	ALONGAMENTO VERA	LOCAL/ALONGAM ROBSON	ALONGAMENTO VERA
09h15	LOCAL/BARRAS STEP		LOCAL/BARRAS STEP		LOCAL/BARRAS STEP
09h15	POSTURAL TRAINNING VERA		POSTURAL TRAINNING VERA		POSTURAL TRAINNING VERA
10h15	GAP		GAP		GAP
10h30		ABDOMINAL ZÉ VIANNA		ABDOMINAL ZÉ VIANNA	
17h	PUMP PAULO	JUMP PAULO	PUMP PAULO	JUMP PAULO	PUMP PAULO
18h	LOCAL PAULO	LOCAL PAULO	LOCAL PAULO	LOCAL PAULO	LOCAL PAULO
18h20	ABDOMINAL ZÉ VIANNA		ABDOMINAL ZÉ VIANNA		ABDOMINAL ZÉ VIANNA
19h	COMBAT PAULO		COMBAT PAULO		
19h50	BODY PUMP PAULO		BODY PUMP PAULO		