

TIMETABLE 2018

| HOUR | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|------------------|-----------------|-------------|------------------|---------------------|
| 9:30 | Yoga | Pilates | Yoga | Pilates | Zumba |
| 10:35 | G.A.L | Funcional + ABD | Power Pump | Circuit Training | Toning |
| 17:00 | KARATE KIDS | | KARATE KIDS | | |
| 17:15 | Latin Dance | | Latin Dance | | |
| 17:30 | | Aero-Dance | | Aero-Dance | |
| 18:15 | Power Pump | | Toning | | |
| 18:30 | | Pilates | | Pilates | Pilates |
| 19:05 | | | | | Cardio Box |
| 19:35 | -KARATE -Yoga | ROMANA HIT | KARATE | ROMANA HIT | |
| 20:05 | | | | | Streching 30 min |
| 20:30 | KARATE | | KARATE | | |

ROOM 2

| HOUR | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|--------|---------|-----------|----------|-------------------------|
| 9:30 | Ciclo | Ciclo | Ciclo | Ciclo | Ciclo |
| 18:35 | | | | | Ciclo Express 30 min |
| 19:15 | Ciclo | | Ciclo | | |

- The monitors may be replaced: vacation, sickness etc..
- Classes least 3 px.

Monday to Friday from 8:00h a 22:30h / Saturday and Bank Holiday 9:00h a 15:00h

SUNDAY CLOSED.