

## HORÁRIO DAS AULAS DE GRUPO | CLUBE DESPORTIVO IPS

2017/2018

	2 <sup>a</sup>			3 <sup>a</sup>		4 <sup>a</sup>		5 <sup>a</sup>	6 <sup>a</sup>
<b>13:00</b> <b>13:45</b>	Pilates			Fit4Free	HIIT			FitMix	Spinning
<b>17:30</b> <b>18:00</b>	TFS			Core	Tabata			Power ABS	
<b>18:00</b> <b>18:45</b>	Zumba	Voleibol*	Spinning	GAP	Localizada	Voleibol*	Spinning	Jump	
<b>18:45</b> <b>19:30</b>	Step	Voleibol*	Spinning	Lift	Zumba	Voleibol*	Spinning	Samba Fitness	
<b>19:30</b> <b>20:30</b>	Cross-Training			Pilates	Cross-Training			Yoga	

\* 18h30-  
20h00

\* 18h30-  
20h00