

LIFT^FITNESS 2024

	SEGUNDA MONDAY	TERÇA TUESDAY	QUARTA WEDNESDAY	QUINTA THURSDAY	SEXTA FRIDAY	SÁBADO SATURDAY
07:10	LIFT^CROSS ADULTOS 55	LIFT^CROSS ADULTOS 55	LIFT^CROSS ADULTOS 55	LIFT^CROSS ADULTOS 55	LIFT^CROSS ADULTOS 55	
08:00	SPINNING 55	POWER TREINO COM BARRA 55	SPINNING 55	POWER TREINO COM BARRA 55		
10:00	ZUMBA 55	UBOUND MINI-TRAMPOLINS 45	FACTOR F TREINO EM CIRCUITO 45	UBOUND MINI-TRAMPOLINS 45	ZUMBA 55	
	JIU JITSU NO GI CLASS 60					
11:00	PILATES 45	YOGA 50	PILATES 45	YOGA 50	PILATES 45	DEFESA PESSOAL FEMININA 60
		MMA 60		MMA 60		
12:00			DEFESA PESSOAL FEMININA 60			
13:00			JIU JITSU GI CLASS 60			
16:00	YOGA 50		YOGA 50			
18:00	MMA 60	LIFT^CROSS KIDS 50		LIFT^CROSS KIDS 50	MMA 60	
18:30	LIFT^CROSS ADULTOS 55		LIFT^CROSS ADULTOS 55		LIFT^CROSS ADULTOS 55	
	KICKBOXING KIDS 60		KICKBOXING KIDS 60		KICKBOXING KIDS 60	
19:00	SPINNING 55	POWER TREINO COM BARRA 55	SPINNING 55	POWER TREINO COM BARRA 55	SPINNING 55	
	FIGHT DO FITNESS DE COMBATE 55	LIFT^CROSS ADULTOS 55	FIGHT DO FITNESS DE COMBATE 55	LIFT^CROSS ADULTOS 55	FACTOR F TREINO EM CIRCUITO 50	
19:30	MUAY THAI ADULTOS 60	JIU JITSU GI CLASS 60	MUAY THAI ADULTOS 60	JIU JITSU NO GI CLASS 60	MUAY THAI ADULTOS 60	
	LIFT^CROSS ADULTOS 55		LIFT^CROSS ADULTOS 55		LIFT^CROSS ADULTOS 55	
20:00	HYPER C GLÚTEOS+ABDOMINAIS 35	PILATES 45	HIGH HEELS 50	ZUMBA 55	HYPER C GLÚTEOS+ABDOMINAIS 35	
20:30	BOXE 60		BOXE 60		BOXE 60	