


	2ª	3ª	4ª	5ª	6ª	Sáb.	Dom.
8:00	8:00 MY ABS	8:00 ^{15M} MY STRECH	8:00 MY ABS	8:00 ^{15M} MY STRECH	8:00 MY ABS		
9:00	09:30 DIOGO MY FUNCIONAL 10:15 MARGARIDA MY PILATES	9:00 MY ABS 09:30 SORAYA LOCALIZADA	09:30 DIOGO MY FUNCIONAL 10:15 SORAYA STRETCHING	9:00 MY ABS 09:30 MARGARIDA LOCALIZADA	09:30 DIOGO MY FUNCIONAL 10:15 MARGARIDA MY PILATES	09:30 RICARDO LOCALIZADA	
10:00	10:15 MY ABS	10:20 MARGARIDA MY PILATES 10:30 SORAYA MY HIDRO	10:15 MY ABS	10:20 MARGARIDA MY PILATES 10:30 SORAYA MY HIDRO	10:15 MY ABS 10:30 DAVID MY HIDRO	10:15 RICARDO HIDRO POWER 10:30 MARGARIDA M. MY YOGA	10:45 RICARDO LOCALIZADA
11:00	11:15 SORAYA MY HIDRO		11:15 SORAYA MY HIDRO				11:00 MY ABS
12:00	12:30 MY ABS	12:00 MY ABS 12:30 ^{15M} MY STRECH	12:30 MY ABS	12:00 MY ABS 12:30 ^{15M} MY STRECH	12:30 MY ABS	12:30 MY ABS	11:45 DAVID MY HIDRO
15:00		15:30 SORAYA MY HIDRO		15:30 SORAYA STRETCHING			
	16:00 MY ABS		16:00 MY ABS		16:00 MY ABS		
 <p>the spot CAPUCHOS</p>							
19:00	19:00 MY ABS 19:15 SUSANA MY YOGA	19:00 DIOGO MY HIIT 19:15 MARGARIDA MY AIR FLOW 19:30 ^{15M} MY STRECH	19:00 MY ABS 19:15 SUSANA MY YOGA	19:00 SORAYA MY HIIT 19:40 SORAYA MY HIDRO	19:00 MY ABS 19:15 MARGARIDA M. MY YOGA		
20:00	20:00 MY ABS	20:15 MY ABS	20:00 MY ABS	20:15 MY ABS	20:00 MY ABS		

HORÁRIO 2021 AULAS DE GRUPO E PISCINA



the spot
CAPUCHOS

