


	2 <sup>a</sup>	3 <sup>a</sup>	4 <sup>a</sup>	5 <sup>a</sup>	6 <sup>a</sup>	Sáb.	Dom.
8:00	8:00 MY ABS 09:30 DIOGO MY FUNCIONAL	8:00 <sup>15M</sup> MY STRECH	8:00 MY ABS	8:00 <sup>15M</sup> MY STRECH	8:00 MY ABS		
9:00		9:00 MY ABS	09:30 DIOGO MY FUNCIONAL	9:00 MY ABS	09:30 DIOGO MY FUNCIONAL		
10:00	10:15 MARGARIDA MY PILATES 10:15 MY ABS 10:35 SORAYA MY HIDRO	09:30 SORAYA LOCALIZADA 10:30 SORAYA MY HIDRO	10:15 SORAYA STRETCHING 10:15 MY ABS	09:30 MARGARIDA LOCALIZADA 10:30 SORAYA MY HIDRO	10:15 MARGARIDA MY PILATES 10:15 MY ABS 10:30 DAVID MY HIDRO	09:30 RICARDO LOCALIZADA 10:15 RICARDO HIDRO POWER 10:30 MARGARIDA.M. MY YOGA	10:45 DAVID LOCALIZADA
11:00			11:20 SORAYA MY HIDRO				11:00 MY ABS
12:00	12:30 MY ABS	12:00 MY ABS 12:30 <sup>15M</sup> MY STRECH	12:30 MY ABS	12:00 MY ABS 12:30 <sup>15M</sup> 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 MY HIDRO			
	16:00 MY ABS		16:00 MY ABS		16:00 MY ABS		
 <b>the spot</b> CAPUCHOS							
19:00	19:00 MY ABS 19:15 SUSANA MY YOGA	19:15 MY ABS 19:30 MARGARIDA MY AIR FLOW 19:30 <sup>15M</sup> MY STRECH	19:00 MY ABS 19:15 SUSANA MY YOGA	19:30 MARGARIDA MY AIR FLOW	19:00 MY ABS		
20:00	20:00 MY ABS	20:15 MY ABS	20:00 MY ABS	20:15 MY ABS	20:00 MY ABS		

HORÁRIO NATAL  
AULAS DE GRUPO  
E PISCINA DE 20/12 A 15/01



the spot  
CAPUCHOS



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