

GINÁSTICA



	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA EXPRESS
MANHÃ	7h	LOCAL EXPRESS	LOCAL	MAT PILATES	ALONGAMENTO
	7:40h	POSTURAL TRAINING	ABDÓMEN		7:30H - LOCAL EXPRESS
	8h	MAT PILATES	BALL TRAINING	SYMBOL ZEN	BALL TRAINING
	8:20h		ALONGAMENTO		POSTURAL TRAINING
	8:40h		GLÚTEO/ABDÓMEN		GLÚTEO/ABDÓMEN
	9h	SYMBOL ZEN		LOCAL	
TARDE	16h	LOCAL	LOCAL		
NOITE	18h	LOCAL	LOCAL EXPRESS	LOCAL	LOCAL EXPRESS
	18:40h		ABDÓMEN		ABDÓMEN
	19h	ABDÓMEN	LOCAL	POSTURAL TRAINING	LOCAL
	19:30h	JUMP		JUMP	
	20h	ALONGAMENTO	BALL TRAINING	ALONGAMENTO	BALL TRAINING

7H - BALL TRAINING
 7:30H - GLÚTEO
 8H - ABDÓMEN
 8:30 - CIRCUITO EXPRESS
 9H - FLEX RELAX

18H - LOCAL*
 18:30H - JUMP
 19H - ABD/ALONG