

SHIS QI 5 - HANGAR 5
3364-0064
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SALA 1						
	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:00	Local		Local		Local	
7:30		Alongamento		Alongamento		
8:00						
8:30		Ritmos		Ritmos		
9:00	Local	Local	Local	Local	Local	
10:00						
10:30						Tae Fight
11:00	Ritmos - Divas		Ritmos - Diva		Ritmos - Diva	
16:15	Ballet Infantil*		Ballet Infantil*			
16:45						
17:15	Jump		Jump		Jump	
18:00	Ritmos	Jump	Ritmos	Jump		
18:30	Local	Local	Local	Local	Local	
20:15						

SALA 2 - Tatame						
	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:30		Alongamento		Alongamento		
8:00	Alongamento		Alongamento		Alongamento	
8:30						
9:00	Dynamic Ball - Core nível 3	Dynamic Ball - Core nível 2	Dynamic Ball - Core nível 3	Dynamic Ball - Core nível 2	Dynamic Ball - Core nível 3	
9:30						
10:00	Dynamic ball - Core nível 1	Alongamento	Dynamic ball - Core nível 1	Alongamento	Dynamic ball - Core nível 1	
11:00						
16:00		Judô Infantil*		Judô Infantil*		
16:30	Tae Fight		Tae Fight		Tae Fight	
17:30		Dynamic Ball - Core		Dynamic Ball - Core		
18:30						
19:00		Tae Fight		Tae Fight		
19:30	Alongamento		Alongamento		Alongamento	

BIKE INDOOR						
	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
7:15	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	
8:00	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	
9:00						
10:00		Bike Indoor		Bike Indoor		
11:00						Bike Indoor - Escala
12:00	Bike Indoor		Bike Indoor		Bike Indoor	
18:30	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	
19:30	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	Bike Indoor	