



crianças

adultos

horário





# SEGUNDA

	01	02	03
08:00			
09:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:00			
18:00	Treino Funcional		Criativa
19:00	3B	Yoga Kids	Teatro
20:00	Treino Funcional		
21:00			
22:00			

# TERÇA

	01	02	03
08:00			
09:00			
10:00			
11:00			
12:00			
13:00	Treino Funcional	Balance	
14:00			
15:00			
16:00			
17:00	Treino Funcional		
18:00			
19:00	Karate Kids	Localizada	Zumba Kids
20:00	Treino Funcional	Balance	Criativa
21:00			
22:00			

# QUARTA

	01	02	03
08:00			
09:00			
10:00			
11:00			
12:00			
13:00	Treino Funcional		
14:00			
15:00			
16:00			
17:00	Treino Funcional		
18:00	Piratinha		
19:00	Karate Kids	Yoga Kids	Dance 4 Show
20:00	Karate Kids	Pilates	
21:00			
22:00			

# QUINTA

	01	02	03
08:00			
09:00			
10:00			
11:00			
12:00			
13:00	Treino Funcional	3B	
14:00			
15:00			
16:00			
17:00	Treino Funcional		
18:00		Ballet Kids	
19:00	Acrobática	Ballet Kids	Pilates
20:00	Treino Funcional	Ballet Kids	3B
21:00	Karate		
22:00			

# SEXTA

	01	02	03
08:00			
09:00			
10:00			
11:00			
12:00			
13:00	Treino Funcional		
14:00			
15:00			
16:00			
17:00	Treino Funcional		
18:00			
19:00	Karate Kids	Pilates	Dance 4 Show
20:00	Karate Kids	Pilates	Hip Hop Kids
21:00	Karate		
22:00			



# SÁBADO

	01	02	03
08:00			
09:00			
10:00	Karate Kids	Ballet Kids	
11:00	Karate Kids	Ballet Kids	Zumba
12:00	Karate Kids		
13:00			
14:00			
15:00			
16:00			
17:00			
18:00			
19:00			
20:00			
21:00			
22:00			







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