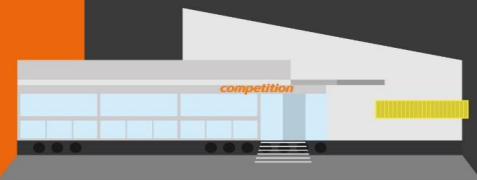




# HORÁRIOS HIGIENÓPOLIS

\*As aulas podem ser alteradas sem aviso prévio.



	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
6:05	<b>Bike Technogym</b> Sergio   Sala 4   55'		<b>Bike Technogym</b> Sergio   Sala 4   55'		<b>Bike Technogym</b> Sergio   Sala 4   55'
6:10		<b>Bike Technogym</b> Vantuir   Sala 4   50'		<b>Bike Technogym</b> Vantuir   Sala 4   50'	
6:45		<b>Core Training</b> Rebeca   Sala 3   30'		<b>Core Training</b> Rebeca   Sala 3   30'	
7:00	<b>Ginástica Holística</b> Sabrina   Sala 02   45'		<b>Ginástica Holística</b> Sabrina   Sala 02   45'		<b>Ginástica Holística</b> Sabrina   Sala 02   45'
	<b>Funcional</b> Valder   Sala 3   50'		<b>Funcional</b> Valder   Sala 3   50'		<b>Funcional</b> Valder   Sala 3   50'
	<b>Vinyasa Yoga</b> Natalia   Rubi   50'		<b>Vinyasa Yoga</b> Natalia   Rubi   50'		<b>Yoga Restaurativa</b> Natalia   Rubi   50'
		<b>Treino de Corrida - 4any1</b> Pq. Ibirapuera   90'			
7:10		<b>Bike Technogym</b> Vantuir   Sala 4   50'		<b>Bike Technogym</b> Vantuir   Sala 4   50'	
7:15	<b>Bike Technogym</b> Alexandre   Sala 4   45'	<b>Funcional</b> Rebeca   Sala 3   45'	<b>Bike Technogym</b> Alexandre   Sala 4   45'	<b>Funcional</b> Rebeca   Sala 3   45'	<b>Bike Technogym</b> Alexandre   Sala 4   45'
		<b>Pilates &amp; Mindfulness</b> Luciana   Sala 2   45'		<b>Pilates &amp; Mindfulness</b> Luciana   Sala 2   45'	
7:30		<b>Hatha Yoga</b> Elaine   Rubi   50'		<b>Hatha Yoga</b> Elaine   Rubi   50'	
		<b>Local</b> Monica   Sala 1   45'		<b>Local</b> Monica   Sala 1   45'	
8:00	<b>Mat Pilates</b> Bruce   Sala 2   50'	<b>Abdômen Express</b> Rebeca   Sala 3   15'	<b>Mat Pilates</b> Neco   Sala 2   50'	<b>Abdômen Express</b> Rebeca   Sala 3   15'	<b>Mat Pilates</b> Neco   Sala 2   50'
	<b>Alongamento</b> Valder   Sala 1   45'	<b>Ballet Funcional</b> Victória   Esmeralda   50'	<b>Alongamento</b> Valder   Sala 01   45'	<b>Ballet Funcional</b> Victória   Esmeralda   50'	<b>Flex</b> Valder   Sala 3   45'
	<b>Hatha Yoga</b> Natalia   Rubi   50'		<b>Hatha Yoga</b> Natalia   Rubi   50'		<b>Air Yoga</b> Natalia   Rubi   60'
8:10		<b>Bike Technogym</b> Vantuir   Sala 4   60'		<b>Bike Technogym</b> Vantuir   Sala 4   60'	
8:15	<b>Power Jump</b> Alexandre   Sala 3   45'	<b>Pilates &amp; Mindfulness</b> Luciana   Sala 2   45'	<b>Power Jump</b> Alexandre   Sala 3   45'	<b>Pilates &amp; Mindfulness</b> Luciana   Sala 2   45'	
		<b>Local</b> Monica   Sala 3   45'		<b>Local</b> Monica   Sala 3   45'	
8:30	<b>Bike Technogym</b> Sergio   Sala 4   30'	<b>Mobilidade &amp; Alongamento</b> Rebeca   Sala Rubi   30'	<b>Bike Technogym</b> Sergio   Sala 4   30'	<b>Mobilidade &amp; Alongamento</b> Rebeca   Sala Rubi   30'	<b>Bike Technogym</b> Sergio   Sala 4   30'
	<b>Glúteos &amp; Pernas</b> Valder   Cristal   30'	<b>Funcional Dance</b> Felipe   Cristal   50'	<b>Glúteos &amp; Pernas</b> Valder   Cristal   30'	<b>Funcional Dance</b> Felipe   Cristal   50'	
9:00		<b>Yin Yoga</b> Elaine   Sala Rubi   60'		<b>Air Yoga</b> Natalia   Rubi   60'	
9:10	<b>Tae Fit</b> Sergio   Sala 3   45'	<b>Ballet Clássico Adulto</b> Monique   Esmeralda   50'	<b>Tae Fit</b> Sergio   Sala 3   45'	<b>Ballet Clássico Adulto</b> Monique   Esmeralda   50'	
		<b>Flex Alongamento</b> Monica   Sala 3   45'		<b>Flex Alongamento</b> Monica   Sala 3   45'	
9:15	<b>Bike Technogym</b> Karin   Sala 4   45'		<b>Bike Technogym</b> Karin   Sala 4   45'		<b>Bike Technogym</b> Karin   Sala 4   45'
	<b>Miofascial Alongamento</b> Rebeca   Esmeralda   45'		<b>Miofascial Alongamento</b> Rebeca   Esmeralda   45'		<b>Miofascial Alongamento</b> Rebeca   Esmeralda   45'
9:30	<b>Abdômen</b> Valder   Cristal   30'	<b>Bike Technogym</b> Fabiana   Sala 4   45'	<b>Abdômen</b> Valder   Cristal   30'	<b>Bike Technogym</b> Fabiana   Sala 4   45'	
9:55		<b>Flex Alongamento</b> Monica   Sala 3   45'		<b>Flex Alongamento</b> Monica   Sala 3   45'	
10:00	<b>Coreô Dance Mix</b> Paulo   Cristal   45'	<b>Coreô Dance School</b> Paulo   Cristal   45'	<b>Coreô Dance Mix</b> Paulo   Cristal   45'	<b>Coreô Dance School</b> Paulo   Cristal   45'	<b>Coreô Dance Mix</b> Paulo   Sala 1   45'
	<b>Body Pump</b> Alexandre   Sala 3   60'		<b>Body Pump</b> Alexandre   Sala 3   60'		<b>Body Pump</b> Alexandre   Sala 3   60'
	<b>Ballet Clássico Adulto</b> Vania   Esmeralda   60'		<b>Ballet Clássico Adulto</b> Vania   Esmeralda   60'		<b>Ballet Clássico Adulto</b> Vania   Esmeralda   60'
10:15	<b>Ginástica Holística</b> Sabrina   Rubi   50'		<b>Ginástica Holística</b> Sabrina   Rubi   50'		<b>Ginástica Holística</b> Sabrina   Rubi   50'
10:30		<b>Pilates &amp; Mindfulness</b> Luciana   Rubi   50'		<b>Pilates &amp; Mindfulness</b> Luciana   Rubi   50'	
10:45		<b>Abs &amp; Glúteos</b> Rebeca   Sala 1   30'		<b>Abs &amp; Glúteos</b> Rebeca   Sala 1   30'	
11:00	<b>Miofascial Alongamento</b> Alexandre   Sala 3   30'		<b>Flex Alongamento</b> Alexandre   Sala 3   30'		
	<b>Vinyasa Yoga</b> Natalia   Esmeralda   50'		<b>Vinyasa Yoga</b> Natalia   Esmeralda   50'		<b>Air Yoga</b> Natalia   Rubi   60'
	<b>Mat Pilates</b> Bianca   Rubi   50'		<b>Mat Pilates</b> Bianca   Rubi   50'		<b>Mat Pilates</b> Rodrigo   Sala 2   50'
11:10	<b>Sapateado Adulto Básico 1</b> Erick   Sala 1   50'	<b>Jazz Dance Adulto Básico</b> Erick   Esmeralda   50'	<b>Sapateado Adulto Básico 1</b> Erick   Sala 1   50'	<b>Jazz Dance Adulto Básico</b> Erick   Esmeralda   50'	
11:15	<b>Core Training</b> Rebeca   Cristal   30'	<b>Alongamento</b> Rebeca   Sala 1   45'	<b>Core Training</b> Rebeca   Cristal   30'	<b>Alongamento</b> Rebeca   Sala 1   45'	<b>Core Training</b> Rebeca   Cristal   30'

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
12:00	<b>Sapateado Adulto Básico</b> Erick   Sala 1   50'	<b>Hatha Yoga</b> Elaine   Rubi   50'	<b>Sapateado Adulto Básico</b> Erick   Sala 1   50'	<b>Hatha Yoga</b> Elaine   Rubi   50'	<b>Air Props</b> Natalia   Rubi   60'
		<b>Dança Contemporânea</b> Felipe   Esmeralda   50'		<b>Dança Contemporânea</b> Felipe   Esmeralda   50'	
12:15	<b>Bike Technogym</b> Rebeca   Sala 4   45'		<b>Bike Technogym</b> Rebeca   Sala 4   45'		<b>Bike Technogym</b> Alexandre   Sala 4   45'
12:30		<b>Bike Technogym</b> Vantuir   Sala 4   45'		<b>Bike Technogym</b> Vantuir   Sala 4   45'	
		<b>Circuito Metabólico</b> Rebeca   Sala 3   30'		<b>Circuito Metabólico</b> Rebeca   Sala 3   30'	
16:00		<b>Air Yoga</b> Lucas   Rubi   60'	<b>Relaxa Mente</b> Lucas   Rubi   45'		
16:30				<b>Funcional</b> Rosângela   Cristal   45'	<b>Bike Technogym</b> Alexandre   Sala 4   45'
17:00	<b>Core Training</b> Sergio   Cristal   30'		<b>Core Training</b> Sergio   Cristal   30'		
17:15		<b>Bike Technogym</b> Vantuir   Sala 4   45'		<b>Bike Technogym</b> Vantuir   Sala 4   45'	<b>Local</b> Alexandre   Sala 3   45'
17:20		<b>Ballet Funcional</b> Victoria   Esmeralda   50'		<b>Ballet Funcional</b> Victoria   Esmeralda   50'	
		<b>Mat Pilates</b> Marcia   Cristal   50'		<b>Mat Pilates</b> Marcia   Cristal   50'	
17:30	<b>Bike Technogym</b> Rodrigo   Sala 4   45'	<b>Alongamento</b> Rosângela   Rubi   45'	<b>Bike Technogym</b> Rodrigo   Sala 4   45'	<b>Alongamento</b> Rosângela   Rubi   45'	
	<b>H.I.I.T.</b> Sergio   Cristal   30'		<b>H.I.I.T.</b> Sergio   Cristal   30'		
18:00	<b>Mat Pilates</b> William   Rubi   50'		<b>Mat Pilates</b> William   Rubi   50'		<b>Bike Technogym</b> Alexandre   Sala 4   45'
18:15	<b>Alongamento com Bola</b> Sergio   Sala 3   45'	<b>Dance Mix</b> Anne   Sala 3   45'	<b>Flex Alongamento</b> Sergio   Sala 3   45'	<b>Dance Mix</b> Anne   Sala 3   45'	
	<b>Jazz Dance Adulto</b> Felipe   Esmeralda   50'	<b>Core Training</b> Vantuir   Esmeralda   30'	<b>Jazz Dance Adulto</b> Felipe   Esmeralda   50'	<b>Core Training</b> Vantuir   Esmeralda   30'	
18:20		<b>Taekwondo</b> Claudio   Tatame   45'		<b>Taekwondo</b> Claudio   Tatame   45'	
		<b>Alongamento</b> Rosângela   Rubi   40'		<b>Alongamento</b> Rosângela   Rubi   40'	
18:30		<b>Funcional Dance</b> Felipe   Crista   50'		<b>Funcional Dance</b> Felipe   Cristal   50'	
	<b>Local</b> Gabi   Sala 1   45'		<b>Local</b> Gabi   Sala 1   45'		
18:45	<b>Bike Technogym</b> Rodrigo   Sala 4   45'		<b>Bike Technogym</b> Rodrigo   Sala 4   45'		<b>Jiu Jitsu (Competição)</b> Mestre Piu   Tatame   90'
19:00	<b>Hatha Yoga</b> William   Rubi   50'		<b>Hatha Yoga</b> William   Rubi   50'		<b>Vinyasa Yoga</b> Lucas   Rubi   60'
		<b>Bike Technogym</b> Vantuir   Sala 4   45'		<b>Bike Technogym</b> Vantuir   Sala 4   45'	
19:10		<b>Boxe</b> Monique   Sala 3   90'		<b>Boxe</b> Monique   Sala 3   90'	
	<b>Funcional Dance Adulto</b> Felipe   Esmeralda   50'		<b>Funcional Dance Adulto</b> Felipe   Esmeralda   50'		
19:15	<b>Tae Fit</b> Rodrigo   Sala 3   45'	<b>Suspension</b> Anne   Sala 1   45'	<b>Tae Fit</b> Rodrigo   Sala 3   45'	<b>Funcional</b> Anne   Sala 1   45'	
	<b>Miofascial Alongamento</b> Gabi   Cristal   45'	<b>Ginastica Holística</b> Rosângela   Sala 2   45'	<b>Miofascial Alongamento</b> Gabi   Cristal   45'	<b>Miofascial Alongamento</b> Rosângela   Sala 2   45'	
	<b>Pole Sports</b> André   Sala 1   60'	<b>Hatha Yoga</b> Lucas   Rubil   50'	<b>Pole Sports</b> André   Sala 1   60'	<b>Hatha Yoga</b> Lucas   Rubi   50'	<b>Pole Sports</b> André   Sala 1   60'
		<b>Ballet Classico Adul.</b> Vania   Esmeralda   60'		<b>Ballet Classico Adul.</b> Vania   Esmeralda   60'	
19:15		<b>Street Dance Adulto</b> Malu   Cristal   50'		<b>Street Dance Adulto</b> Malu   Cristal   50'	
	<b>Fundamentos do Jiu</b> Mestre Piu   Tatame   45'		<b>Fundamentos do Jiu</b> Mestre Piu   Tatame   45'		
19:30	<b>Bike Technogym</b> Sergio   Sala 4   45'		<b>Bike Technogym</b> Sergio   Sala 4   45'		
20:00	<b>Jiu Jitsu (Competição)</b> Me. Piu   Tatame   120'		<b>Jiu Jitsu (Competição)</b> Me. Piu   Tatame   120'		
20:05		<b>Abs &amp; Glúteos</b> Rosângela   Sala 1   30'		<b>Abs &amp; Glúteos</b> Rosângela   Sala 1   30'	
		<b>Air Yoga</b> Lucas   Rubi   50'		<b>Air Yoga</b> Lucas   Rubi   50'	

	7:30	9:00	9:00	9:30	10:00
SÁBADO		<b>Bike Technogym</b> Sala 4   45'	<b>Local</b> Sala 3   45'	<b>Hatha Yoga</b> Sala Rubi   60'	<b>Bike Technogym</b> Sala 4   45'
	10:00			11:00	11:30
	<b>Abdômem</b> Sala 3   30'	<b>Mat Pilates</b> Sala Esmeralda   60'	<b>Alongamento</b> Sala 3   45'	<b>Alongamento</b> Sala 1   45'	<b>Mat Pilates</b> Sala 2   60'

Pontos de Encontro - Pq Ibirapuera (Manoel da Nóbrega 1624 - 4Any1) | USP (Bolsão da psicologia).  
Leve sua carteirinha e identifique-se como aluno Competition