



HORÁRIOS OSCAR FREIRE

*As aulas podem ser alteradas sem aviso prévio.



	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
6:30		Bike Sérgio Sala 1 60'		Bike Sérgio Sala 1 60'	
7:00	Bike Rosângela Sala 1 60'	Hatha Yoga Cristiano Sala 3 60'	Bike Rosângela Sala 1 60'	Hatha Yoga Cristiano Sala 3 60'	Bike Rosângela Sala 1 60'
	Mat Pilates Rodrigo C. Tatame 60'	Muay Thai Monique Tatame 60'	Mat Pilates Rodrigo C. Tatame 60'	Muay Thai Monique Tatame 60'	Mat Pilates Rodrigo C. Tatame 60'
	Local Orlando Sala 2 50'	Beach Tennis (Iniciante) Luca Society 60'	Local Orlando Sala 2 50'	Beach Tennis (Iniciante) Luca Society 60'	Local Orlando Sala 2 50'
	Beach Tennis (Iniciante) Gabriel Society 60'		Beach Tennis (Iniciante) Gabriel Society 60'		
			Treino de Corrida - 4any1 Pq. Ibirapuera 90'		
7:30		Flex Ball Sérgio Sala 2 30'		Flex Ball Sérgio Sala 2 30'	
8:00	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'	
	Ritmos Orlando Sala 3 60'		Ritmos Orlando Sala 3 60'		Ritmos Orlando Sala 3 60'
	Hatha Yoga Cristiano Tatame 60'	Funcional Sérgio Sala 2 45'	Hatha Yoga Cristiano Tatame 60'	Funcional Sérgio Sala 2 45'	Hatha Yoga Cristiano Tatame 60'
	Suspension Rosângela Sala 2 30'		Suspension Rosângela Sala 2 30'		Suspension Rosângela Sala 2 30'
8:15		Air Yoga Lucas Sala 3 50'		Air Yoga Lucas Sala 3 50'	
		ABS Rosângela Tatame 30'		ABS Rosângela Tatame 30'	
8:30	Local Rosângela Sala 2 60'		Local Rosângela Sala 2 60'		Local Rosângela Sala 2 60'
8:45		Alongamento Sandy Sala 2 30'		Alongamento Sandy Sala 2 30'	
9:00	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'	
		Bike Sérgio Sala 1 60'		Bike Sérgio Sala 1 60'	
9:15		Mat Pilates Cintia Sala 3 60'		Mat Pilates Cintia Sala 3 60'	
		Ritmos Sandy Sala 2 50'		Ritmos Sandy Sala 2 50'	
9:30	Alongamento Rosângela Sala 2 30'		Alongamento Rosângela Sala 2 30'		Postural Flex Rosângela Sala 2 45'
10:00	Bike Gabi Sala 1 60'		Bike Gabi Sala 1 60'		Bike Gabi Sala 1 60'
	Funcional Franco Sala 3 50'		Funcional Franco Sala 3 50'		Funcional Franco Sala 3 50'
10:15		Postural Roberto Sala 2 45'		Postural Roberto Sala 2 45'	
11:00	Alongamento/Miofascial Gabi Sala 2 30'	ABS Roberto Sala 2 30'	Alongamento/Miofascial Gabi Sala 2 30'	ABS Roberto Sala 2 30'	Alongamento/Miofascial Gabi Sala 2 30'
12:00	Pole Dance Vinícius Sala 3 60'	Bike Toscano Sala 1 60'	Pole Dance Vinícius Sala 3 60'	Bike Toscano Sala 1 60'	Pole Dance Vinícius Sala 3 60'
	Mat Pilates Marianna Sala 2 60'	Mat Pilates Marianna Sala 2 60'	Mat Pilates Marianna Sala 2 60'	Mat Pilates Marianna Sala 2 60'	
12:15	Hatha Yoga Natalia Tatame 60'		Hatha Yoga Natalia Tatame 60'		
12:30		Beach Tennis Gabriel Society 60'		Beach Tennis Gabriel Society 60'	
		Jiu Jitsu Piu Tatame 120'		Jiu Jitsu Piu Tatame 120'	
14:00		Funcional Franco Sala 3 60'		Funcional Franco Sala 3 60'	
15:30	Local Rosângela Sala 2 45'		Local Rosângela Sala 2 45'		Local Rosângela Sala 2 45'
16:15	Postural Flex Rosângela Sala 2 45'		Postural Flex Rosângela Sala 2 45'		Alongamento Rosângela Sala 2 30'
17:00	Air Yoga Natalia Sala 3 50'	Bike Roberto Sala 1 60'	Air Yoga Natalia Sala 3 50'	Bike Roberto Sala 1 60'	



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	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
17:30	Bike Régis Sala 1 50'		Bike Régis Sala 1 50'		Bike Cintia Sala 1 50'
18:00	Pole Dance Marcella Sala 3 50'	GAP Helena Sala 2 30'	Pole Dance Marcella Sala 3 50'	GAP Helena Sala 2 30'	Pole Dance Vinícius Sala 3 50'
18:15	Beach Tennis (Iniciante) Edu Society 75'	Beach Tennis (Iniciante) Gabriel Society 75'	Beach Tennis (Iniciante) Edu Society 75'	Beach Tennis (Iniciante) Gabriel Society 75'	
		Bike Katinha Sala 1 45'		Bike Katinha Sala 1 45'	
18:30	Local Régis Sala 2 45'	Funcional Helena Sala 2 30'	Local Régis Sala 2 45'	Funcional Helena Sala 2 30'	Local Franco Sala 2 45'
	Quality Run Cintia Cardio 30'	Quality Run Roberto Cardio 30'	Quality Run Cintia Cardio 30'	Quality Run Roberto Cardio 30'	Quality Run Cintia Cardio 30'
					Yoga Flow Elaine Tatame 60'
					Beach Tennis Gabriel Society 60'
19:00		Alongamento Helena Sala 2 30'		Alongamento Helena Sala 2 30'	
	Futsal Fabio Quadra 90'	Vôlei Lucas Quadra 90'	Futsal Fabio Quadra 90'	Vôlei Lucas Quadra 90'	
	Funcional Cintia Sala 3 30'	Core Training Katinha Sala 3 30'	Funcional Cintia Sala 3 30'	Core Training Katinha Sala 3 30'	Funcional Cintia Sala 3 30'
		Treino de Corrida - 4any1 Pq. Ibirapuera 90'		Treino de Corrida - 4any1 Pq. Ibirapuera 90'	
		Escalada Pedro Escalada 45'		Escalada Pedro Escalada 45'	
19:30		Bike Roberto Sala 1 50'		Bike Roberto Sala 1 50'	
	Bike Régis Sala 1 45'	Mat Pilates Fátima Tatame 60'	Bike Régis Sala 1 45'	Mat Pilates Fátima Tatame 60'	Bike Franco Sala 1 50'
	Fit Dance Júlia Sala 2 60'	ZumDance Roberto Nunes Sala 2 60'	Fit Dance Júlia Sala 2 60'	Stiletto Roberto Nunes Sala 2 60'	Fit Dance Júlia Sala 2 60'
	ABS Cintia Tatame 30'	Hatha Yoga Cristiano Sala 3 60'	ABS Cintia Tatame 30'	Hatha Yoga Cristiano Sala 3 60'	ABS Cintia Tatame 30'
	Beach Tennis Edu Society 75'	Beach Tennis Gabriel Society 75'	Beach Tennis Edu Society 75'	Beach Tennis Gabriel Society 75'	Beach Tennis Gabriel Society 60'
20:00					Futsal Fabio Quadra 75'
	Yoga Flow Elaine Tatame 60'		Yoga Flow Elaine Tatame 60'		
	Boxe Marcos Sala 3 90'		Boxe Marcos Sala 3 90'		
20:30	Alongamento Julia Rosa Sala 2 30'	Vôlei Lucas Quadra 90'	Alongamento Julia Rosa Sala 2 30'	Vôlei Lucas Quadra 90'	Alongamento Franco Sala 2 30'
	Basquete Danilo Quadra 90'	Alongamento Roberto Sala 2 30'	Basquete Danilo Quadra 90'	Alongamento Roberto Sala 2 30'	
20:45	Beach Tennis Edu Society 75'	Beach Tennis Gabriel Society 75'	Beach Tennis Edu Society 75'	Beach Tennis Gabriel Society 75'	Basquete Danilo Quadra 75'

	7:30	9:30	9:30	9:45	10:30
SÁBADO	Treino de Corrida - 4any1 USP 180'	Ginástica/Consultar App Sala 2 60'	Beach Tennis Society 180'	Bike Sala 1 45'	ABS/Core Training Sala 2 30'
	Bike Sala 1 45'	Alongamento/Postural Sala 2 45'	Naval Training Marcos Sala 3 30'	Alongamento/Postural Sala 2 45'	Boxe Marcos Sala 3 90'
	11:00	11:00	11:45	12:00	12:15
	Vôlei Quadra 90'	Yoga Tatame 90'			

Pontos de Encontro - Pq Ibirapuera (Praça das Cobras) | USP (Bolsão da psicologia).
Leve sua carteirinha e identifique-se como aluno Competition