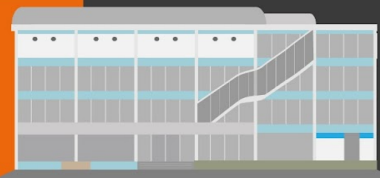




HORÁRIOS PAULISTA

*As aulas podem ser alteradas sem aviso prévio.



	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
6:00	Bike Franco Sala 3 45'		Bike Franco Sala 3 45'		
6:30	Funcional Franco Sala 1 45'		Funcional Franco Sala 1 45'		
	Alongamento Sandy Sala 5 30'		Alongamento Sandy Sala 5 30'		Alongamento Sandy Sala 1 30'
7:00	Beach Tennis Luca Society 60'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'
	ABS Sandy Sala 5 30'	Mat Pilates Carmen Sala 2 60'	ABS Sandy Sala 5 30'	Mat Pilates Carmen Sala 2 60'	ABS Sandy Sala 1 30'
		Bike Top Ride Rodrigo Sala 3 45'		Bike Top Ride Rodrigo Sala 3 45'	
		ABS Orlando Sala 5 30'		ABS Orlando Sala 5 30'	
7:30	Jump UB - Radical Fitness Jump Rodrigo Sala 1 30'	Alongamento Orlando Sala 5 30'	Jump UB - Radical Fitness Jump Rodrigo Sala 1 30'	Alongamento Orlando Sala 5 30'	Glúteos Sandy Sala 1 30'
	Bike Roberto Sala 3 60'		Bike Roberto Sala 3 60'		Bike Roberto Sala 3 60'
	Local Sandy Sala 5 60'		Local Sandy Sala 5 60'		Postural - RPG Jones Sala 5 60'
7:45		Power - Radical Fitness Rodrigo Sala 1 40'		Power - Radical Fitness Rodrigo Sala 1 40'	
8:00	Step Rodrigo Sala 1 30'	Postural Flex Orlando Sala 5 45'	Step Rodrigo Sala 1 30'	Postural Flex Orlando Sala 5 45'	Alongamento Bruna Quadra 30'
	Beach Tennis Luca Society 60'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 60'
8:15					Fight Do - Radical Fitness Rodrigo Sala 1 45'
8:30	Postural Roberto Quadra 45'	Core Rodrigo Sala 1 30'	Postural Roberto Quadra 45'	Core Rodrigo Sala 1 30'	Postural Roberto Quadra 45'
	Alongamento Sandy Sala 5 30'	Studio Bike Franco Sala 3 60'	Alongamento Sandy Sala 5 30'	Studio Bike Franco Sala 3 60'	
	Funcional X55 Rodrigo Sala 1 30'		Funcional X55 Rodrigo Sala 1 30'		
9:00	Fight Do - Radical Fitness Rodrigo Sala 1 45'		Fight Do - Radical Fitness Rodrigo Sala 1 45'		Funcional X55 Rodrigo Sala 1 30'
	Beach Tennis Luca Society 45'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 45'	Beach Tennis Gabriel Society 60'	Beach Tennis Luca Society 45'
9:10		Vinyasa Yoga Natalia Sala 5 60'		Vinyasa Yoga Natalia Sala 5 60'	
9:15		Zumba Fitness Orlando Sala 1 60'		Zumba Fitness Orlando Sala 1 60'	
9:30	Hatha Yoga Krishna D Sala 5 60'		Hatha Yoga Krishna D Sala 5 60'		Hatha Yoga Krishna D Sala 5 60'
					Suspension Rodrigo Sala 1 50'
9:50	Fit Ball Rodrigo Sala 4 40'		Fit Ball Rodrigo Sala 4 40'		
10:00		Along. e Miofascial Bruna Quadra 40'		Along. e Miofascial Bruna Quadra 40'	
10:20		Air Yoga Natalia Sala 1 55'		Air Yoga Natalia Sala 1 55'	
10:30	Along. e Miofascial Bruna Quadra 45'		Along. e Miofascial Bruna Quadra 45'		Along. e Miofascial Bruna Quadra 45'
	Glúteos Roberto Sala 5 30'		Glúteos Roberto Sala 5 30'		
11:00		Mat Pilates Mônica Sala 5 50'		Mat Pilates Mônica Sala 5 50'	
11:20		Crashing Beats Rodrigo Sala 4 50'		Crashing Beats Rodrigo Sala 4 50'	
11:30			Mat Pilates Mônica Sala 5 50'		Bodybalance Marcia Sala 5 50'
12:00	Mat Pilates Rodrigo Cassiano Sala 5				
12:30	Beach Tennis Gabriel Society 60'	Vôlei Training Pedro Quadra 90'	Beach Tennis Gabriel Society 60'	Vôlei Training Pedro Quadra 90'	Beach Tennis Gabriel Society 60'
	RPM - LesMills Marcia Sala 3 50'		RPM - LesMills Marcia Sala 3 50'		RPM - LesMills Marcia Sala 3 50'
	Jiu Jitsu Training Mestre Piu Tatame 60'		Jiu Jitsu Training Mestre Piu Tatame 60'		Mat Pilates Rodrigo Cassiano Sala 5
13:30	Core Training Marcia Sala 5 30'		Core Training Marcia Sala 5 30'		Core Training Marcia Sala 5 30'
14:00	Alongamento Postural Marcia Sala 5 50'	Funcional Kleber Sala 1 60'	Alongamento Postural Marcia Sala 5 50'	Funcional Kleber Sala 1 60'	Alongamento Postural Marcia Sala 5 50'
15:00	Local Patrícia Sala 5 50'	Ritmos Orlando Sala 1 45'	Local Patrícia Sala 5 50'	Ritmos Orlando Sala 1 45'	Local Franco Sala 5 50'
		RPM - LesMills Kleber Sala 3 45'		RPM - LesMills Kleber Sala 3 45'	
16:00	Postural Flex Patrícia Sala 5 45'	Kimax - Radical Fitness Rodrigo Sala 1 45'	Postural Flex Patrícia Sala 5 45'	Kimax - Radical Fitness Rodrigo Sala 1 45'	Postural Orlando Sala 5 45'

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
16:30	Core Training Rodrigo Sala 4 30'		Core Training Rodrigo Sala 4 30'		
17:00	Studio Bike Franco Sala 3 50'	Core Rodrigo Sala 4 30'	Studio Bike Franco Sala 3 50'	Core Rodrigo Sala 4 30'	Studio Bike Franco Sala 3 50'
	Suspension Rodrigo Sala 4 45'	Postural Flex Kleber Sala 5 45'	Suspension Rodrigo Sala 4 45'	Postural Flex Kleber Sala 5 45'	Core Training Orlando Sala 1 30'
17:30		Air Yoga Natalia Sala 1 50'		Air Yoga Natalia Sala 1 50'	Hatha Yoga Krishna D Sala 5 60'
					Power - Radical Fitness Rodrigo Sala 1 45'
18:00	Along. e Miofascial Bruna Sala 5 40'		Alongamento Bruna Sala 5 30'		
	Bike Celso Sala 3 50'		Bike Celso Sala 3 50'		
18:15		Glúteos Marcia Sala 5 30'		Glúteos Marcia Sala 5 30'	Step Orlando Sala 1 45'
18:30	BodyPump Patícia Sala 1 60'		BodyPump Patícia Sala 1 60'		Along. e Miofascial Bruna Sala 5 45'
					Badminton (Livre) Luca Quadra Bad. 60'
					Suspension Rodrigo Sala 4 45'
18:35		Funcional Kleber Sala 1 50'		Funcional Kleber Sala 1 50'	
18:45	Hatha Yoga Krishna Sala 5 60'	Postural e Along. Marcia Sala 5 40'	Hatha Yoga Krishna Sala 5 60'	Postural e Along. Marcia Sala 5 40'	
19:00	ABS Celso Sala 2 30'	Treino de Corrida - 4anyl Pq. Ibirapuera 90'	ABS Celso Sala 2 30'	Treino de Corrida - 4anyl Pq. Ibirapuera 90'	
		Beach Tennis Luca Society 60'		Beach Tennis Luca Society 60'	Fut Training Johnny Society 45'
	Badminton Luca Quadra Bad. 90'	Boxe Matheus Sala 4 60'	Badminton Luca Quadra Bad. 90'	Boxe Matheus Sala 4 60'	
	Vôlei Cristiano Quadra 90'		Vôlei Cristiano Quadra 90'		
19:15					Dance Jones Sala 1 45'
					Bike Top Ride Rodrigo Sala 3 60'
19:20					Along. e Miofascial Orlando Sala 5 45'
19:30	Bike Rodrigo Sala 3 60'	LesMills - RPM Kleber Sala 3 60'	Bike Rodrigo Sala 3 60'	LesMills - RPM Kleber Sala 3 60'	
	Fut Training Johnny Society 45'	Bodycombat Marcia Sala 1 60'	Fut Training Johnny Society 45'	Dance Marcia Sala 1 60'	Badminton (Livre) Luca Quadra Bad. 60'
	Muay Thai Monique Tatame 45'	Hatha Yoga Krishna Das Sala 5 50'	Muay Thai Monique Tatame 45'	Hatha Yoga Krishna Das Sala 5 50'	
	ABS Celso Sala 4 30'				
19:40	Zumba Fitness Orlando Sala 1 50'		Zumba Fitness Orlando Sala 1 50'		
19:45	Alongamento Patrícia Sala 5 30'		Alongamento Patrícia Sala 5 30'		Futebol Johnny Society 90'
20:00		Basquete Training Danilo Quadra 30'		Basquete Training Danilo Quadra 30'	
		Beach Tennis Luca Society 60'		Beach Tennis Luca Society 60'	
		Jiu Jitsu Mestre Piu Tatame 120'		Jiu Jitsu Mestre Piu Tatame 120'	
20:15	Futebol Adriano Society 60'		Futebol Adriano Society 60'		Taekwondo Luis Tatame 90'
	Taekwondo Luis Tatame 90'		Taekwondo Luis Tatame 90'		
20:30	Vôlei Cristiano Quadra 60'	Air Yoga Elaine Sala 1 60'	Vôlei Cristiano Quadra 60'	Air Yoga Elaine Sala 1 60'	
	Badminton Luca Quadra Bad. 90'	Basquete Danilo Quadra 60'	Badminton Luca Quadra Bad. 90'	Basquete Danilo Quadra 60'	
	Mat Pilates Cida Sala 5 45'		Mat Pilates Cida Sala 5 45'		
21:00		Beach Tennis Luca Society 60'		Beach Tennis Luca Society 60'	

	7:30	9:30	9:45	10:30	10:30
SÁBADO	Treino de Corrida - 4anyl USP 180'	Consultar App Sala 1 60'	Bike Sala 3 45'	Yoga Sala 5 90'	ABS/Core Training Sala 1 30'
	Bike Sala 3 45'	Alongamento/Postural Sala 1 45'	Badminton (Livre) Quadra Bad. 80'	Alongamento/Postural Sala 5 45'	Beach Tennis Thiago Society 60'
	Boxe Matheus Sala 1 60'	Basquete Danilo Quadra 75'	Beach Tennis Thiago Society 60'		

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