

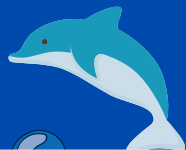
A stylized illustration of a dumbbell, rendered in shades of blue and white, positioned diagonally across the center of the image. Two lightning bolts, also in blue and white, are depicted striking the weights of the dumbbell. The background is a solid blue color, with abstract yellow and light blue shapes in the corners.

GRADE HORÁRIA

UNIDADE ARTUR ALVIM

ENDEREÇO: RUA PEIXOTO WERNECK, 280

AQUÁTICA INFANTIL



SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
09:30 AS 10:15	09:30 AS 10:15	09:30 AS 10:15	09:30 AS 10:15	09:30 AS 10:15	08:45
10:15 AS 11:00	10:15 AS 11:00	10:15 AS 11:00	10:15 AS 11:00	10:15 AS 11:00	09:30
15:00 AS 15:45	15:00 AS 15:45	15:00 AS 15:45	15:00 AS 15:45	15:00 AS 15:45	
18:00 AS 18:45	18:00 AS 18:45	18:00 AS 18:45	18:00 AS 18:45	18:00 AS 18:45	
18:45 AS 19:30	18:45 AS 19:30	18:45 AS 19:30	18:45 AS 19:30	18:45 AS 19:30	



AQUÁTICA ADULTO

MANHÃ

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:30	06:30 AS 07:15	06:30 AS 07:15	06:30 AS 07:15	06:30 AS 07:15	08:00
07:15	07:15 AS 08:00	07:15 AS 08:00	07:15 AS 08:00	07:15 AS 08:00	10:15
08:00	08:00 AS 08:45	08:00 AS 08:45	08:00 AS 08:45	08:00 AS 08:45	11:00
08:45	08:45 AS 09:30	08:45 AS 09:30	08:45 AS 09:30	08:45 AS 09:30	

MUSCULAÇÃO DAS 06:00 AS 22:00

SÁBADO DAS 08:00 AS 14:00



AQUÁTICA ADULTO

TARDE E NOITE

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
15:45	15:45 AS 16:30	15:45 AS 16:30	15:45 AS 16:30	15:45 AS 16:30	08:00
16:30	16:30 AS 17:15	16:30 AS 17:15	16:30 AS 17:15	16:30 AS 17:15	10:15
17:15	17:15 AS 18:00	17:15 AS 18:00	17:15 AS 18:00	17:15 AS 18:00	11:00
19:30	19:30 AS 20:15	19:30 AS 20:15	19:30 AS 20:15	19:30 AS 20:15	
20:15	20:15 AS 21:00	20:15 AS 21:00	20:15 AS 21:00	20:15 AS 21:00	

AQUÁTICA - HIDROGINÁSTICA

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
08:00	08:00 AS 08:45	08:00 AS 08:45	08:00 AS 08:45	08:00 AS 08:45	11:00
15:45	15:45 AS 16:30	15:45 AS 16:30	15:45 AS 16:30	15:45 AS 16:30	
19:30	19:30 AS 20:15	19:30 AS 20:15	19:30 AS 20:15	19:30 AS 20:15	



LUTAS

LUTAS	SEGUNDA	TERÇA	QUARTA	QUINTA
TAEKWONDO (4 A 8 ANOS)		19:00 AS 20:00		19:00 AS 20:00
TAEKWONDO (ACIMA DE 9)		20:00 AS 21:00		20:00 AS 21:00
MUAY THAI (ACIMA DE 13)	19:00 AS 20:00		19:00 AS 20:00	



GINÁSTICA

MANHÃ

HORÁRIOS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
07:15 AS 08:00	BIKE	PILATES	BIKE	PILATES	
08:00 AS 08:45	PILATES	ABS/ALONG	DANÇA	INFINT BANDS	
09:00 AS 09:30					BIKE
09:30 AS 10:00					BIKE
10:00 AS 10:30					INFINITY BANDS
10:30 AS 11:00					ABDOMEN

GINÁSTICA

TARDE



HORÁRIOS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
15:00 AS 15:45	ZUMBA		ZUMBA		
15:45 AS 16:30	STEP		INFINITY BANDS		

DANÇA DO VENTRE
QUINTA DAS 19:00 AS 20:00



GINÁSTICA

NOITE

HORÁRIOS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
18:45 AS 19:15	ABDOMEN	INFINITY BANDS	ABDOMEN		
19:15 AS 20:00	BIKE	PILATES/BIKE	GAP	BIKE	PILATES
20:00 AS 20:45	FIT DANCE BIKE	STEP/BIKE	ZUMBA BIKE	INFINITY BANDS	ALONG

SÁBADO		
09:00 AS 09:30	BIKE	
09:30 AS 10:00	BIKE	
10:00 AS 10:30	INFINITY	
10:30 AS 11:00	ABD	

