





















Mapa de Aulas

 Março

| | Segunda | Terça | Quarta | Quinta | Sexta | Sábado |
|--------|---|--|---|---|---|---|
| 08:10H | |  30' |  30' |  30' | | |
| 08:45H |  45' |  45' | |  45' | | |
| 09:30H |  45' |  45' |  45' |  30' |  45' | |
| 11:00H | | | | | |  30' |
| 11:30H | | | | | |  45' |
| 12:45H |  45' |  30' | |  30' |  45' | |
| 17:15H |  45' |  45' |  45' |  45' |  30' | |
| 18:30H | |  45' |  45' |  45' | | |
| 19:30H |  45' | |  30' | |  45' | |

Pilates

| | Segunda | Terça | Quarta | Quinta | Sexta | Sábado |
|--------|---|---|---|---|---|---|
| 08:45H | | |  45' | |  45' | |
| 10:00H | | | | | |  45' |
| 11:00H | |  45' | |  45' | | |
| 12:45H | | |  45' | | | |
| 13:15H | |  45' | |  45' | | |
| 18:00H |  45' | | | | | |
| 18:45H |  45' | |  45' | | | |
| 19:15H | |  45' | |  45' | | |