

HORÁRIO	06:00	17:00	18:00	19:10	19:30
SEG 02	-----	STEP/ABD JEFFERSON	JUMP/CIRCUIT JEFFERSON	ABD ALICIA	JUMP/FIT ALICIA
TER 03	STEP ZECA	ABDOMINAL/GLÚTEO ADRIANO	JUMP/FIT ADRIANO	ABD ADRIANO/19h às 19:30h	DANÇA GUGA
QUA 04	-----	JUMP/STEP JEFFERSON	ALONGAMENTO JEFFERSON	ABD ALICIA	JUMP/CIRCUIT ALICIA
QUI 05	STEP/DUPLO ZECA	ABDOMINAL/GLÚTEO ADRIANO	JUMP/CIRCUIT ADRIANO	ABD ADRIANO/19h às 19:30h	DANÇA GUGA
SEX 06	JUMP/CIRCUIT NYSKLEI	ALONGAMENTO JEFFERSON	JUMP/FIT JEFFERSON	-----	-----
SEG 09	-----	STEP/ABD JEFFERSON	JUMP/CIRCUIT JEFFERSON	ABD ALICIA	JUMP/FIT ALICIA
TER 10	STEP ZECA	ABDOMINAL/GLÚTEO ADRIANO	JUMP/FIT ADRIANO	ABD ADRIANO/19h às 19:30h	DANÇA GUGA
QUA 11	-----	JUMP/STEP JEFFERSON	ALONGAMENTO JEFFERSON	ABD ALICIA	JUMP/CIRCUIT ALICIA
QUI 12	STEP/DUPLO ZECA	ABDOMINAL/GLÚTEO ADRIANO	JUMP/CIRCUIT ADRIANO	ABD ADRIANO/19h às 19:30h	DANÇA GUGA
SEX 13	JUMP/CIRCUIT NYSKLEI	ALONGAMENTO JEFFERSON	JUMP/FIT JEFFERSON	-----	-----
SEG 16	-----	STEP/ABD JEFFERSON	JUMP/CIRCUIT JEFFERSON	ABD ALICIA	JUMP/FIT ALICIA
TER 17	STEP ZECA	ABDOMINAL/STEP ALICIA	JUMP/FIT ALICIA	ABD ALICIA	DANÇA GUGA
QUA 18	-----	JUMP/STEP JEFFERSON	ALONGAMENTO JEFFERSON	ABD ALICIA	JUMP/CIRCUIT ALICIA
QUI 19	STEP/DUPLO ZECA	ABDOMINAL/STEP ALICIA	JUMP/CIRCUIT ALICIA	ABD ALICIA	DANÇA GUGA
SEX 20	JUMP/CIRCUIT NYSKLEI	ALONGAMENTO JEFFERSON	JUMP/FIT JEFFERSON	-----	-----
SEG 23	-----	STEP/ABD JEFFERSON	JUMP/CIRCUIT JEFFERSON	ABD ALICIA	JUMP/FIT ALICIA
TER 24	STEP ZECA	ABDOMINAL/GLÚTEO ADRIANO	JUMP/FIT ALICIA	ABD ALICIA	DANÇA GUGA
QUA 25	-----	JUMP/STEP JEFFERSON	ALONGAMENTO JEFFERSON	ABD ALICIA	JUMP/CIRCUIT ALICIA
QUI 26	STEP/DUPLO ZECA	ABDOMINAL/STEP ALICIA	JUMP/CIRCUIT ALICIA	ABD ALICIA	DANÇA GUGA
SEX 27	JUMP/CIRCUIT NYSKLEI	ALONGAMENTO JEFFERSON	JUMP/FIT JEFFERSON	-----	-----
SEG 30	-----	STEP/ABD JEFFERSON	JUMP/CIRCUIT JEFFERSON	ABD ALICIA	JUMP/FIT ALICIA
TER 31	STEP ZECA	ABDOMINAL/STEP ALICIA	JUMP/FIT ALICIA	ABD ALICIA	DANÇA GUGA
QUA 01	-----	JUMP/STEP JEFFERSON	ALONGAMENTO JEFFERSON	ABD ALICIA	JUMP/CIRCUIT ALICIA
QUI 02	STEP/DUPLO ZECA	ABDOMINAL/STEP ALICIA	JUMP/CIRCUIT ALICIA	ABD ALICIA	DANÇA GUGA
SEX 03	JUMP/CIRCUIT NYSKLEI	ALONGAMENTO JEFFERSON	JUMP/FIT JEFFERSON	-----	-----