

CLUBE DE CARNAXIDE - MAPA DE AULAS - AGOSTO 2022 - 1ª QUINZENA

Segunda			Terça			Quarta			Quinta			Sexta			Sábado			Domingo					
1			2			3			4			5			6			7					
09:00 45	PILATES	P1	16:30 45	CONTEMP. I	P2	09:00 45	PILATES	P1	09:10 1H	ASHTANGA YOGA	P2	18:45 30	CORE	P0	09:30 1H	ASHTANGA YOGA	P2						
10:00 45	PILATES	P1	17:30 50	KARATE I + II	P2	10:00 45	PILATES	P1	17:00 50	HIP HOP I + II	P1	19:00 1H	KIZOMBA	P2	10:00 1H30	TÉCN. BASE BALLET	P0						
10:30 1H	ASHTANGA YOGA	P2	18:30 50	KARATE III	P2	17:00 45	BALLET I + II	P2	18:00 50	HIP HOP III + IV	P1	19:15 45'	BODY ATTACK	P0									
17:00 45	BALLET 1+2	P2	18:30 10	EXPRESS ABS	P0	17:50 50	BALLET GERAL	P0	19:00 50	HIP HOP ADULTOS	P1												
17:50 50	BALLET GERAL	P0	18:45 45	BODY PUMP	P0	18:45 45	FUNKY KIDS GERAL	P2	18:30 10	EXPRESS ABS	P0												
18:30 45	PILATES	P1	19:35 10	EXPRESS ABS	P0	18:30 45	PILATES	P1	18:40 30	3B	P0												
18:30 45	FUNKY KIDS GERAL	P2	19:30 1H	SBK	P2	19:30 45	PILATES	P1	19:15 10	EXPRESS ABS	P0												
18:45 30	HIIT	P0	19:30 1H	SEVILHANAS	P1	18:45 30	CORE	P0	19:30 45'	BODY PUMP	P0												
19:30 45	PILATES	P1	19:45 30	3B	P0	19:30 45	ZUMBA	P0	20:00 1H	ASHTANGA YOGA	P2												
19:30 45	ZUMBA	P0	20:30 1H	FLAMENCO	P1	20:20 50	CONTEMP. II + III	P0															
20:00 1H	ASHTANGA YOGA	P2				21:10 50	CONTEMP. IV+ADUL	P0															
20:20 50	CONTEMP. II + III	P0																					
21:10 50	CONTEMP. IV+ADUL	P0																					
8			9			10			11			12			13			14					
09:00 45	PILATES	P1	16:30 45	CONTEMP. I	P2	09:00 45	PILATES	P1	17:00 50	HIP HOP I + II	P1	09:30 1H	TAI CHI	P2	10:00 1H30	TÉCN. BASE BALLET	P0						
09:10 1H	TAI CHI	P2	17:30 50	KARATE I + II	P2	09:50 1H	TAI CHI	P2	18:00 50	HIP HOP III + IV	P1	18:45 30	CORE	P0									
10:00 45	PILATES	P1	18:30 50	KARATE III	P2	10:00 45	PILATES	P1	19:00 50	HIP HOP ADULTOS	P1	19:00 1H	KIZOMBA	P2									
17:00 45	BALLET I + II	P2	18:30 10	EXPRESS ABS	P0	17:00 45	BALLET I + II	P2	18:30 10	EXPRESS ABS	P0	19:15 45'	BODY ATTACK	P0									
17:50 50	BALLET GERAL	P0	18:45 45	BODY PUMP	P0	17:50 50	BALLET GERAL	P0	18:40 30	3B	P0												
18:30 1H	FUNKY KIDS GERAL	P2	19:30 1H	SBK	P2	18:30 1H	FUNKY KIDS GERAL	P2	19:15 10	EXPRESS ABS	P0												
18:30 45	PILATES	P1	19:35 10	EXPRESS ABS	P0	18:30 45	PILATES	P1	19:30 45'	BODY PUMP	P0												
19:30 45	PILATES	P1	19:45 30	3B	P0	19:30 45	PILATES	P1															
19:30 45	ZUMBA	P0				19:30 45	ZUMBA	P0															
20:20 50	CONTEMP. II + III	P0				20:20 50	CONTEMP. II + III	P0															
21:10 50	CONTEMP. IV+ADUL	P0				21:10 50	CONTEMP. IV+ADUL	P0															

CLUBE DE CARNAXIDE - MAPA DE AULAS - AGOSTO 2022 - 2ª QUINZENA

Segunda

Terça

Quarta

Quinta

Sexta

Sábado

Domingo

15

16

17

18

19

20

21

(FERIADO)

16:30 45	CONTEMP. I	P2
17:30 50	KARATE I + II	P2
18:30 50	KARATE GERAL	P2
18:30 10	EXPRESS ABS	P0
18:45 45	BODY PUMP	P0
19:30 1H	SBK	P2
19:35 10	EXPRESS ABS	P0
19:35 30	3B	P2

09:00 45	PILATES	P1
10:00 45	PILATES	P1
11:00 45	TOTAL COND	P0
17:00 45	BALLET I + II	P2
17:50 50	BALLET GERAL	P0
18:30 45	PILATES	P1
19:30 45	PILATES	P1
19:30 45	ZUMBA	P0
20:20 50	CONTEMP. II + III	P0
21:10 50	CONTEMP. IV + ADUL	P0

18:30 10	EXPRESS ABS	P0
18:40 30	3B	P0
19:15 10	EXPRESS ABS	P0
19:30 45'	BODY PUMP	P0

10:00 1H30	TÉCN. BASE BALLET	P0
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22

23

24

25

26

27

28

09:00 45	PILATES	P1
10:00 45	PILATES	P1
10:30 1H	ASHTANGA YOGA	P2
11:00 45	TOTAL COND	P0
18:30 45	PILATES	P1
18:45 30	HIIT	P0
19:30 45	PILATES	P1
19:30 45	ZUMBA	P0
20:00 1H	ASHTANGA YOGA	P2

17:30 50	KARATE I + II	P2
18:30 50	KARATE III	P2
18:30 10	EXPRESS ABS	P0
18:45 45	BODY PUMP	P0
19:30 1H	SBK	P2
19:35 10	EXPRESS ABS	P0
19:45 30	3B	P0

09:00 45	PILATES	P1
10:00 45	PILATES	P1
11:00 45	TOTAL COND	P0
18:30 45	PILATES	P1
18:45 30	CORE	P0
19:30 1H	PILATES	P0
19:30 45	ZUMBA	P0

09.10 1H	ASHTANGA YOGA	P2
18.30 10	EXPRESS ABS	P0
18:40 30	3B	P0
19:15 10	EXPRESS ABS	P0
19:30 45	BODY PUMP	P0
20:00 1H	ASHTANGA YOGA	P2

10:00 1H30	TÉCN. BASE BALLET	P0
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29

30

31

09:00 45	PILATES	P0
10:00 45	PILATES	P0
11:00 45	TOTAL COND	P0
18:45 30	HIIT	P0
19:30 45	ZUMBA	P0

18.30 10	EXPRESS ABS	P0
18:40 45	BODY PUMP	P0
19:35 10	EXPRESS ABS	P0
19:45 30	3B	P0

09:00 45	PILATES	P0
10:00 45	PILATES	P0
11:00 45	TOTAL COND	P0
18:45 30	CORE	P0
19:30 45	ZUMBA	P0

Horário do Clube e da Sala de Exerc.

- 2ª a 6ª feira - 7h às 22h
- Sábado - 9h às 14h
- Domingo e Feriados - 10h-14h