



Avenida Rio de Janeiro, 713

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www.ciafitness.com.br

Seu Corpo na
Melhor
Companhia

Segunda

Terça

Quarta

Quinta

Sexta

MANHÃ

| | | | | |
|--|---------------------------------------|--|---------------------------------------|--|
| 06:45 (45') Yôga Julieta | 07:30 (45') Alongamento Roberta | 06:45 (45') Yôga Julieta | 07:30 (45') Alongamento Roberta | 06:45 (45') Yôga Julieta |
| 07:30 (30') Abdominal e Glúteo Roberta | 08:15 (15') Abdominal Roberta | 07:30 (30') Abdominal e Glúteo Roberta | 08:15 (15') Abdominal Roberta | 07:30 (30') Abdominal e Glúteo Roberta |
| 08:00 (30') Alongamento Roberta | 08:30 (30') Adutores Roberta | 08:00 (30') Alongamento Roberta | 08:30 (30') Adutores Roberta | 08:00 (30') Alongamento Roberta |
| 12:15 (60') sl 02 Leticia | 12:15 (45') G.A.P. Roberta | 12:15 (60') sl 02 Leticia | 12:15 (45') G.A.P. Roberta | 12:15 (60') sl 02 Leticia |

TARDE

| | | | | |
|--|---------------------------------------|--|---------------------------------------|--|
| | 14:00 (45') PILATES I Pollianna | | 14:00 (45') PILATES I Pollianna | |
| 16:00 (30') Abdominal e Glúteo Carol | 16:00 (45') Yôga Julieta | 16:00 (30') Abdominal e Glúteo Carol | 16:00 (45') Yôga Julieta | 16:00 (30') Abdominal e Glúteo Carol |
| 16:30 (60') Carol | 16:45 (45') Carol | 16:30 (60') Carol | 16:45 (45') Carol | 16:30 (60') Carol |
| 17:30 (30') Alongamento Roberta | 17:30 (60') Carol | 17:30 (30') Alongamento Roberta | 17:30 (60') Carol | 17:30 (30') Alongamento Roberta |

NOITE

| | | | | |
|--|--|--|--|--|
| 18:00 (30') Abdominal e Glúteo Carol | 18:30 (45') Carol | 18:00 (30') Abdominal e Glúteo Carol | 18:30 (45') Carol | 18:00 (30') Abdominal e Glúteo Carol |
| 18:30 (60') Carol | 18:30 (30') SI 02 Abdominal e Glúteo Roberta | 18:30 (60') Carol | 18:30 (30') SI 02 Abdominal e Glúteo Roberta | 18:30 (60') Carol |
| 19:30 (60') Carol | 19:00 (30') SI 02 Alongamento Roberta | 19:30 (60') Carol | 19:00 (30') SI 02 Alongamento Roberta | 19:30 (60') Carol |
| 19:20 (30') PILATES I Pollianna | 19:15 (45') Carol | 19:20 (30') PILATES I Pollianna | 19:15 (45') Carol | 19:30 (45') PILATES I e II Pollianna |
| 19:50 (45') PILATES II Pollianna | 19:30 (50') SI 02 Axé Baiana | 19:50 (45') PILATES II Pollianna | 19:30 (50') SI 02 Axé Baiana | |
| 20:40 (45') Yôga Julieta | 20:05 (60') Eduardo | 20:40 (45') Yôga Julieta | 20:05 (60') Eduardo | |
| | 20:20 (45') PILATES II Pollianna | | 20:20 (45') PILATES II Pollianna | |
| | 21:05 KIM | | 21:05 KIM | |



| | | | | |
|------------------------|------------------------|------------------------|------------------------|------------------------|
| 12:15 (50') Eduardo | | 12:15 (50') Eduardo | | 12:15 (50') Eduardo |
| 15:10 (50') Carol | 17:00 (50') Carlão | 15:10 (50') Carol | 17:00 (50') Carlão | 18:30 (50') Carlão |
| 18:30 (50') Carlão | 18:45 (50') Eduardo | 18:30 (50') Carlão | 18:45 (50') Eduardo | 18:30 (50') Carlão |
| 19:30 (50') Carlão | 20:15 (50') Carol | 19:30 (50') Carlão | 20:15 (50') Carol | |