

FITNESS CLASSES

SEG	TER	QUA	QUI	SEX	SAB
PILATES 8.10 – 8.50	BODY VIVE 10.30 – 11.00	PILATES 8.10 – 8.50	SH´BAM 10.30 – 11.00	PILATES 8.10 – 8.50	BODY BALANCE 10.00 – 10.50
BODY PUMP 9.30 – 10.00	BODY BALANCE 11.00 – 11.30	BODY PUMP 9.30 – 10.20	BODY BALANCE 11.00 – 11.30	iSTEP 10.00 – 10.30	TRX 10.30 – 11.00
iSTEP 10.00 – 10.30	BODY PUMP 13.00 – 13.30	PILATES 10.30 – 11.20	BODY PUMP 13.00 – 13.50	PILATES 10.30 – 11.20	SPINNING 11.00 – 11.30
PILATES 10.30 – 11.20	ABS 13.30 – 13.50	RPM 13.00 – 13.50	iSTEP 17.30 – 18.00	RPM 13.00 – 13.30	SH´BAM 11.00 – 11.30
RPM 13.00 – 13.50	iSTEP 17.30 – 18.00	BODY VIVE 17.30 – 18.00	LOCAL 3D 18.00 – 18.30	ABS 13.30-13.50	BODY COMBAT 11.35 – 12.05
BODY VIVE 17.30 – 18.00	ABS 18.00 – 18.20	BODY COMBAT 18.00 – 18.30	RPM 18.30 – 19.20	GLÚTEOS 18.00 – 18.25	BODY PUMP 12.10 – 12.40
SH´BAM 18.00 – 18.30	RPM 18.30 – 19.20	BODY PUMP 18.30 – 19.00	PILATES 18.30 – 19.20	BODY PUMP 18.30 – 19.20	
RPM 18.30 – 19.00	PILATES 18.30 – 19.20	RPM 18.30 – 19.00	TRX 19.00 – 19.30	RPM HP 19.30 – 20.30	
BODY PUMP 18.30 – 19.20	BODY PUMP 19.30 – 20.20	SH´BAM 19.05 – 19.35	ZUMBA 19.30 – 20.15	BODY VIVE 19.30 – 20.20	
TRX 19.15 – 19.45	RPM 19.45 – 20.15	RPM 19.30 – 20.20	RPM 19.45 – 20.15		
RPM 19.30 – 20.20	BODY BALANCE 20.30 – 21.20	JUMP 19.35 – 20.25	BODY BALANCE 20.30 – 21.20		
PILATES 19.30 – 20.20		TRX 19.45 – 20.15			
BODY COMBAT 20.30 – 21.20		BODY PUMP 20.30 – 21.20			

PERSONAL TRAINER

RESULTADOS GARANTIDOS!
MARQUE UM TREINO GRÁTIS!

PRÓXIMA ATUALIZAÇÃO
03 NOVEMBRO 2012

TONIFICAÇÃO

BODY PUMP | BODY VIVE | LOCAL 3D | ABS | TRX | GLÚTEOS

CARDIO

RPM | SPINNING | JUMP

DIVERSÃO

ZUMBA | BODY COMBAT | SH´BAM | iSTEP

CORE

BODY BALANCE | PILATES

SEGUNDA a SEXTA

8.00 – 14.30 | 16.00 – 22.00

SÁBADO

10.00 – 13.00

TRV. SERPA PINTO 24 – 2870 MONTIJO

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