



## RACER TRINDADE 3233-2946 JUNHO-2019

GINÁSTICA	SEG	TER	QUA	QUI	SEX
08:00 as 08:30	Bike Step	Bike	Bike Step	Bike	
08:00 as 08:45					Bike
08:30 as 08:45	Abdom		Abdom		
08:30 as 09:15		Rep		Rep	
08:45 as 09:00					Abdom
08:45 as 09:15	Mind Body		Mind Body		
09:00 as 09:30					Mind Body
09:15 as 09:30		Liber Miofasc		Liber Miofasc	
09:15 as 10:00	Fit Dance		Fit Dance		
17:30 as 18:30	Boot Camp		Boot Camp		
18:30 as 18:50		Jump		Jump	
18:30 as 19:00	Step		Step		
18:30 as 19:15					Boot Camp
18:30 as 19:30	Boot Camp		Boot Camp		
18:50 as 19:05		Abdom		Abdom	
19:00 as 19:15	Buns		Buns		
19:05 as 19:20		Liber Miofascial		Liber Miofascial	
19:15 as 19:30	Abdom		Abdom		Abdom
19:20 as 19:50		Bike		Bike	
19:20 as 20:05		Mét DeRose		Mét DeRose	
19:30 as 20:00	Bike		Bike		
19:30 as 20:15	Fit Dance		Fit Dance		

HIDRO	SEG	TER	QUA	QUI	SEX	SÁB
08:00 as 09:00	X	X	X	X	X	
09:00 as 10:00	X		X		X	
09:30 as 10:30						X
12:15 as 13:15	X		X		X	
16:00 as 17:00	X	X	X	X	X	
19:30 as 20:30	X	X	X	X	X	

TREIN FUNC	SEG	TER	QUA	QUI	SEX	SÁB
07:00 as 08:00	X	X	X	X	X	
10:30 as 12:30						X
12:00 as 13:00	X		X		X	
17:30 as 19:30		X		X		
19:30 as 21:00	X	X	X	X	X	

Aulas, horários e professores dos quadros acima podem ser alterados sem aviso prévio.



**RACER TRINDADE 3233-2946 JUNHO-2019**

**facebook.com/raceracademia**  
**instagram.com/raceracademia**  
**contato@raceracademia.com.br**

### **MUSCULAÇÃO**

<b>SEGUNDA À SEXTA</b>	<b>SÁBADO</b>
Das 06:30 às 22:00	Das 09:00 às 13:00 Das 17:00 às 20:00

### **RECEPÇÃO**

<b>SEGUNDA À SEXTA</b>	<b>SÁBADO</b>
Das 07:00 às 22:00	Das 09:00 às 13:00 Das 17:00 às 20:00

### **PISCINA LIVRE**

Para alunos com plano de pagamento que inclui a Piscina Livre.  
Dias e horários da Piscina Livre podem ser alterados sem aviso prévio.

**Tempo de uso da Piscina Livre: 01 hora.**

	<b>TER</b>	<b>QUI</b>	<b>SEX</b>	<b>SÁB</b>
09:00 as 12:30				Todas as raias
10:30 as 11:30	Raia 06	Raia 06		
15:00 as 16:00	Raia 06	Raia 06		
21:00 as 22:00			Raia 06	