



Academia Manoel dos Santos

Nada melhor

# Quadro de Ginástica

Agosto 2010

	segunda	terça	quarta	quinta	sexta
Manhã	07:45 / 08:45	07:00 / 08:00	07:45 / 08:45	07:00 / 08:00	07:45 / 08:45
	Yoga	Bike	Yoga	Bike	Yoga
	Sandra	Claudia	Sandra	Claudia	Sandra
	08:30 / 09:00	08:00 / 09:00	08:30 / 09:00	08:00 / 09:00	
	GAP	Power	GAP	Power	
	Aitana	Claudia	Aitana	Claudia	
09:00 / 09:30	09:00 / 10:00	09:00 / 09:30	09:00 / 10:00	09:00 / 09:30	
Alongamento	X Training	Alongamento	X Training	Alongamento	
Aitana	Aitana	Aitana	Aitana	Aitana	
Tarde	17:30 / 18:00		17:30 / 18:00		17:30 / 18:00
	Abdômen		Abdômen		Abdômen
	Marlene		Marlene		Marlene
Noite	18:00 / 19:00	18:00 / 19:00	18:00 / 19:00	18:00 / 19:00	18:00 / 19:00
	Bike	CFT	Bike	CFT	Bike
	Marlene	Aitana	Marlene	Aitana	Marlene
	19:00 / 20:00	19:00 / 19:45	19:00 / 20:00	19:00 / 19:45	19:00 / 20:00
	Power	Bike	Power	Bike	Power
Marlene	Aitana	Marlene	Aitana	Marlene	
	19:45 / 21:00		19:45 / 21:00		
	Boxe		Boxe		
	Frank		Frank		



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## Fique atento aos novos horários!

# Agosto 2010

	segunda	terça	quarta	quinta	sexta
Manhã	07:45 / 08:45 Yoga Sandra	07:45 / 08:45 Bike Marlene	07:45 / 08:45 Yoga Sandra	07:45 / 08:45 Bike Marlene	07:45 / 08:45 Yoga Sandra
	08:30 / 09:00 GAP Aitana	08:30 / 09:00 GAP Marlene	08:30 / 09:00 GAP Aitana	08:30 / 09:00 Power Marlene	
	09:00 / 09:30 Alongamento Aitana	09:00 / 10:00 X Training Aitana	09:00 / 09:30 Alongamento Aitana	09:00 / 09:30 X Training Aitana	09:00 / 09:30 Alongamento Aitana
Tarde	17:30 / 18:00 Abdômen Marlene		17:30 / 18:00 Abdômen Marlene		17:30 / 18:00 Abdômen Marlene
Noite	18:00 / 19:00 Bike Marlene	18:00 / 19:00 CFT Aitana	18:00 / 19:00 Bike Marlene	18:00 / 19:00 CFT Aitana	18:00 / 19:00 Bike Marlene
	19:00 / 20:00 Power Marlene	19:00 / 19:45 CFT Aitana	19:00 / 20:00 Power Marlene	19:00 / 19:45 CFT Aitana	19:00 / 20:00 Power Marlene
		19:45 / 21:00 Boxe Frank		19:45 / 21:00 Boxe Frank	

2<sup>as</sup>, 4<sup>as</sup> e 6<sup>as</sup>

Yoga - 07:45h

2<sup>as</sup>, 4<sup>as</sup>

GAP - 08:30h

3<sup>as</sup> e 5<sup>as</sup>

Xtraining - 09:00h

CFT - 18:00h

Boxe - 19:45h



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Manhã	segunda	terça	quarta	quinta	sexta
	07:45 / 08:45	07:00 / 08:00	07:45 / 08:45	07:00 / 08:00	07:45 / 08:45
	Yoga Sandra	Bike Marlene	Yoga Sandra	Bike Marlene	Yoga Sandra
	08:30 / 09:00	08:00 / 09:00	08:30 / 09:00	08:00 / 09:00	
GAP Aitana	Power Marlene	GAP Aitana	Power Marlene		
09:00 / 09:30	09:00 / 10:00	09:00 / 09:30	09:00 / 09:30	09:00 / 09:30	
Alongamento Aitana	X Training Aitana	Alongamento Aitana	X Training Aitana	Alongamento Aitana	

Tarde	segunda	terça	quarta	quinta	sexta
	17:30 / 18:00		17:30 / 18:00		17:30 / 18:00
	Abdômen Marlene		Abdômen Marlene		Abdômen Marlene

Noite	segunda	terça	quarta	quinta	sexta
	18:00 / 19:00	18:00 / 19:00	18:00 / 19:00	18:00 / 19:00	18:00 / 19:00
	Bike Marlene	CFT Aitana	Bike Marlene	CFT Aitana	Bike Marlene
	19:00 / 20:00	19:00 / 19:45	19:00 / 20:00	19:00 / 19:45	19:00 / 20:00
Power Marlene	Bike Aitana	Power Marlene	Bike Aitana	Power Marlene	
	19:45 / 21:00		19:45 / 21:00		
	Boxe Frank		Boxe Frank		