

GINÁSTICA	SEG	TER	QUA	QUI	SEX
08:00 as 08:30		Bike		Bike 8:00 as 8:20	
08:00 as 08:45	Bike		Bike		Bike
08:30 as 09:00		MindBody		Hiit 8:20 as 8:40	
08:45 as 09:00	Abdom		Abdom	Abdom	Abdom
09:00 as 09:45		Rep		Rep	MindBody
09:15 as 10:00	Fit Dance		Fit Dance		
09:45 as 10:15		Liber Miofascial		Liber Miofascial	
17:30 as 18:30	Boot Camp		Boot Camp		
18:15 as 18:30	Buns		Buns		Buns
18:30 as 18:50		Jump		Jump	MindBody
18:30 as 19:15	StepLegs		StepLegs		
18:30 as 19:30	Boot Camp		Boot Camp		Boot Camp
18:55 as 19:15		Liber Miofascial		Liber Miofascial	Liber Miofascial
19:15 as 19:30	Abdom		Abdom		Abdom
19:15 as 20:00		Bike		Bike	
19:15 as 20:00		MétDeRose		MétDeRose	
19:30 as 20:15	Bike		Bike		Bike
19:30 as 20:15	Fit Dance		Fit Dance		
20:00 as 20:15		Abdom		Abdom	
20:15 as 21:00	Ballet		Ballet		

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	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	
09:00 as 10:00	X		X		X	
10:30 as 11:30						X
12:00 as 13:00	X	X	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 3 quadros acima podem ser alterados sem aviso prévio.

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MUSCULAÇÃO

SEGUNDA À SEXTA	SÁBADO
Das 06:30 as 22:00	Das 09:00 as 12:00 Das 17:00 as 20:00

RECEPÇÃO

SEGUNDA À SEXTA	SÁBADO
Das 07:00 as 22:00	Das 09:00 as 12:00 Das 17:00 as 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.

	TER	QUI	SEX	SÁB
09:30 as 10:30				Todas as raias
10:30 as 11:30	Raia 06	Raia 06		Todas as raias
15:00 as 16:00	Raia 06	Raia 06		
21:00 as 22:00			Raia 06	