

# HORÁRIO DAS AULAS

## ARENA WANEL ACADEMIA

### 2023

#### SEGUNDA

**07:00**  
PROFESSOR(A): **PILATES (45 MIN)**  
RODRIGO

**08:00**  
PROFESSOR(A): **STEP (45 MIN)**  
RODRIGO

**09:00**  
PROFESSOR(A): **BIKE (45 MIN)**  
RODRIGO

**10:00**  
PROFESSOR(A): **RITMOS (45 MIN)**  
RODRIGO

**18:15**  
PROFESSOR(A): **ABS (30 MIN)**  
ELIANE

**18:45**  
PROFESSOR(A): **STEP (30 MIN)**  
ELIANE

**19:00**  
PROFESSOR(A): **BIKE (45 MIN)**  
RODRIGO M.

**19:30**  
PROFESSOR(A): **JUMP (45 MIN)**  
ELIANE

**20:30**  
PROFESSOR(A): **BIKE (45 MIN)**  
ELIANE  
**RITMOS (45 MIN)**  
RODRIGO M.

#### TERÇA

**07:30**  
PROFESSOR(A): **BIKE (45 MIN)**  
DAIANE

**08:30**  
PROFESSOR(A): **PILATES (45 MIN)**  
DAIANE

**09:30**  
PROFESSOR(A): **GAP (30 MIN)**  
DAIANE

**18:00**  
PROFESSOR(A): **ALONGAMENTO (30 MIN)**  
ANDREA

**18:30**  
PROFESSOR(A): **ZUMBA (45 MIN)**  
ANDREA

**BIKE (45 MIN)**  
RODRIGO M.

**19:30**  
PROFESSOR(A): **STEP (45 MIN)**  
RODRIGO M.

**20:30**  
PROFESSOR(A): **PILATES (45 MIN)**  
RODRIGO M.

#### QUARTA

**08:00**  
PROFESSOR(A): **ALONGAMENTO (30 MIN)**  
ANDREA

**08:30**  
PROFESSOR(A): **BALLET FITNESS (45 MIN)**  
ANDREA

**09:30**  
PROFESSOR(A): **ZUMBA (45 MIN)**  
ANDREA

**18:15**  
PROFESSOR(A): **GAP (30 MIN)**  
ELIANE

**18:45**  
PROFESSOR(A): **JUMP (4 5MIN)**  
ELIANE

**19:00**  
PROFESSOR(A): **BIKE (45 MIN)**  
WELLINGTON

**19:45**  
PROFESSOR(A): **STEP (30 MIN)**  
ELIANE

**20:30**  
PROFESSOR(A): **BIKE (45 MIN)**  
ELIANE

#### QUINTA

**07:00**  
PROFESSOR(A): **BIKE (45 MIN)**  
DAIANE

**08:00**  
PROFESSOR(A): **ALONGAMENTO (30 MIN)**  
DAIANE

**08:30**  
PROFESSOR(A): **JUMP (45 MIN)**  
DAIANE

**09:30**  
PROFESSOR(A): **PILATES (45 MIN)**  
DAIANE

**18:30**  
PROFESSOR(A): **BIKE (45 MIN)**  
RODRIGO M.

**19:30**  
PROFESSOR(A): **RITMOS (45 MIN)**  
RODRIGO M.

**20:30**  
PROFESSOR(A): **PILATES (45 MIN)**  
RODRIGO M.

#### SEXTA

**08:00**  
PROFESSOR(A): **PILATES (45 MIN)**  
ANDREA

**09:00**  
PROFESSOR(A): **ZUMBA (45 MIN)**  
ANDREA

**10:00**  
PROFESSOR(A): **ABS (30 MIN)**  
ANDREA

**18:00**  
PROFESSOR(A): **ALONGAMENTO (30 MIN)**  
ANDREA

**18:30**  
PROFESSOR(A): **BALLET FITNESS (45 MIN)**  
ANDREA

**19:30**  
PROFESSOR(A): **ZUMBA (45 MIN)**  
ANDREA

#### SÁBADO

**09:00** **BIKE (45 MIN)**



\*AULAS PODERÃO SOFRER ALTERAÇÕES SEM AVISO PRÉVIO

TODAS AS AULAS COM AGENDAMENTO PELO APLICATIVO

INICIO DIA 03/01/2023