

HORÁRIOS

TSL

SEG. — SEX 07H - 14H / 17H - 20H45 | SÁB. E FERIADOS 09H - 13H

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:05 - 08:05 Strength	07:05 - 08:05 Conditioning	07:05 - 08:05 Strength	07:05 - 08:05 Conditioning	07:05 - 08:05 Strength	09:15 - 10:15 Strength
10:30 - 11:30 Strength	12:30 - 13:30 Conditioning	10:30 - 11:30 Strength	12:30 - 13:30 Conditioning	12:30 - 13:30 Strength	10:30 - 11:30 Strength
12:30 - 13:30 Strength		12:30 - 13:30 Strength			10:45 - 12:15 Meeting Weightlifting
17:20 - 18:20 Strength	17:20 - 18:20 Conditioning	17:20 - 18:20 Strength	17:20 - 18:20 Conditioning	17:20 - 18:20 Strength	
18:25 - 19:25 Strength	18:15 - 19:15 Weightlifting	18:25 - 19:25 Strength	18:15 - 19:15 Weightlifting	18:25 - 19:25 Strength	
19:30 - 20:30 Strength	18:25 - 19:25 Conditioning	19:30 - 20:30 Strength	18:25 - 19:25 Conditioning	19:30 - 20:30 Strength	
	19:20 - 20:20 Weightlifting		19:20 - 20:20 Weightlifting		
	19:30 - 20:30 Conditioning		19:30 - 20:30 Conditioning		

OPEN GYM OFF PEAK 07H - 14H | OPEN GYM 17H - 20H45

Todas as aulas devem de ser obrigatoriamente agendadas.