

STUDIO

HORÁRIO DE AULAS CLASS SCHEDULE



Segunda Monday	Terça Tuesday	Quarta Wednesday	Quinta Thursday	Sexta Friday	Sábado Saturday
8:00 - 9:00 YOGA (SÁMKHYA) Leandro	8:45 - 10:00 YOGA (VINYASA) Silvia	8:00 - 9:00 YOGA (SÁMKHYA) Leandro	8:45 - 10:00 YOGA (VINYASA) Silvia		10:00 - 11:00 CAPOEIRA Cloves
	10:30 - 11:45 FUNCTIONAL TRAINING Célia	9:30 - 10:30 UNDERWATER FITNESS (pool) Nick	10:30 - 11:45 FUNCTIONAL TRAINING Célia		
17:00 - 18:15 EVENING YOGA Netta		18:00 - 19:00 SELF-DEFENSE Chad			

horário inverno
winter time

Todas as aulas necessitam de marcação prévia / All classes require prior booking:

(+351) 913 271 442 or (+351) 282 690 000