

maloclinic & spa

mapa de aulas

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	HORÁRIO	SÁBADO
7H45 8H30		Dance Me Melanie		Step Adventure Melanie			
12H30 13H15	Yoga Laura	Step & Sculp Paula	Breathe & Stretch Gui	Yoga Laura	Extreme Canel		
13H15 14H00	Fight Club Canel	Bike Ride Gui	Ultimate Conditioning Gui	Fight Club Canel	Step & Sculp Domingos		
19H00 19H45	Bike Ride Ana	Step & Sculp Ana	Latin Club Ana	Step & Sculp Ana	Glut & Abs Gui		
19H45 20H30	Glut & Abs Ana	Breathe & Stretch Ana	Fight Club Canel	Breathe & Stretch Ana	Surf's up Caldeira		