

HORÁRIO DE AULAS - OPENGYM



SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO
8:30 - PILATES			8:30 - PILATES		
Margarida			Margarida		
					10:30 - CYCLING
					Tiago
12:00 - CIRCUIT TRAINING	12:00 - CIRCUIT TRAINING	12:00 - CYCLING	12:00 - CIRCUIT TRAINING	12:00 - CIRCUIT TRAINING	
Paulo	João	Tiago	Tiago	Paulo	
	19:00 - CIRCUIT TRAINING	19:30 - PILATES	19:00 - CIRCUIT TRAINING		
	Paulo	Margarida	Paulo		
20:00 - CYCLING					
Tiago					

INTENSIDADE DO TREINO
ALTA
MODERADA
BAIXA