

ACTIVIDADES FÍSICAS ONLINE

Mapa de Aulas

	2ª Feira	3ª Feira	4ª Feira	5ª Feira	6ª Feira
8:00 – 8:30					
8:30 – 9:00					
9:00 – 9:30		PILATES (Zoom Live)		PILATES (Zoom Live)	
9:30 – 10:00					
10:00 - 10:30					
10:30 - 11:00					
11:00 - 11:30					
11:30 - 12:00					
12:00 - 12:30	PILATES (Zoom Live)		PILATES (Instagram Live)		Treino Funcional (Instagram Live)
12:45 - 13:00					
13:00 - 13:30		YOGA (Instagram Live)		YOGA (Zoom Live)	
13:30 - 14:00					
14:00 - 14:30					
14:30 - 15:00					
15:00 - 15:30					
15:30 - 16:00					
16:00 - 16:30					
16:30 - 17:00					
17:00 - 17:30	PILATES (Instagram Live)	YOGA (Zoom Live)	PILATES (Zoom Live)	YOGA (Instagram Live)	
17:30 - 18:00					
18:00 - 18:15					
18:15 - 19:00					
19:00 - 19:30	YOGA (Zoom Live)	Treino Funcional (Instagram Live)	YOGA (Zoom Live)		
19:30 - 20:00					