



MAPA DE AULAS

O ONG Gondomar reserva-se o direito de livremente modificar as actividades e horários.

Segunda

07:15 S1 LOCALIZADA
10:00 S1 GAP 30'
10:00 S2 YOGA
10:40 S1 ABS 20'

13:00 OB C.FUNCIONAL
16:00 S1 PILATES

17:30 OB C.FUNCIONAL
18:30 S1 BODY PUMP
18:30 S2 PILATES
19:20 S1 BODY COMBAT
19:30 OB CROSS
19:30 C CYCLING
20:15 S1 BOPE

21:00 C CYCLING

Terça

07:15 OB C. FUNCIONAL
09:15 S2 PILATES
10:00 S1 LOCALIZADA
10:30 OB C. FUNCIONAL

13:00 S1 GAP 30'
16:00 S1 PILATES

18:00 S1 ABS 20'
18:30 S1 MOBILIDADE 30'
18:30 S2 GAP 30'
19:10 S2 ZUMBA
19:15 C CYCLING
19:15 S1 POWER JUMP
20:15 S1 LOCALIZADA

21:00 S2 PILATES

Quarta

07:15 C CYCLING
09:30 S1 GAP 30'
10:00 S1 ZUMBA
10:00 OB TRX
11:15 S2 YOGA

13:00 S1 LOCALIZADA
16:00 OB C. FUNCIONAL

17:30 S2 MOBILIDADE 30'
18:15 S1 BOPE
18:30 S2 BODY ATTACK 30'
19:10 C CYCLING
19:15 S2 PILATES
19:15 OB C. FUNCIONAL
20:10 S1 BODY PUMP

21:00 S2 YOGA
21:00 OB TRX

Quinta

07:15 OB CROSS
09:15 C CYCLING
10:15 S1 BODY PUMP
10:30 S2 PILATES

13:00 OB C. FUNCIONAL
16:00 S1 PILATES

18:30 S1 GAP 30'
18:30 S2 PILATES
18:30 OB TRX
19:15 S1 LOCALIZADA
19:20 S2 ZUMBA
19:35 OB CROSS
19:45 C CYCLING

21:00 S1 LOCALIZADA

Sexta

07:15 OB C. FUNCIONAL
09:30 S1 PILATES
09:30 C CYCLING
10:30 OB TRX

18:00 S1 ABS 20'
18:30 S1 GAP 30'
19:00 S2 BODY ATTACK 30'
19:05 S1 STEP
19:30 OB C. FUNCIONAL
19:45 S2 YOGA

Sábado

09:15 S1 PILATES
10:00 S2 BODY COMBAT
10:05 S1 ZUMBA
10:15 OB C. FUNCIONAL
11:00 C CYCLING

15:00 S1 PILATES
16:00 S1 LOCALIZADA
17:00 OB C. FUNCIONAL

Domingo

09:30 S1 GAP 30'
10:10 C CYCLING
11:15 OB C. FUNCIONAL

Tipo de Aula

Mente e Corpo
Crianças
Dança
Cárdio
Localizadas
Cycling
Funcionais
Artes Marciais