



MAPA DE AULAS

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

Segunda

Terça

Quarta

Quinta

Sexta

Sábado

Domingo

Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
		06:30 NOVA AULA OB HIIT				
07:10 S1 LOCALIZADA	07:00 OB C. FUNCIONAL	07:10 C CYCLING	07:15 OB CROSS	07:10 OB C. FUNCIONAL		
09:15 S1 BODY ATTACK 30'	08:30 S1 BOPE	09:30 S1 GAP 30'	09:15 C CYCLING	09:30 S1 PILATES	09:15 S1 PILATES	09:30 S1 GAP 30'
10:00 S1 GAP 30'	09:20 S2 PILATES	10:00 S1 ZUMBA	10:15 S1 BODY PUMP	09:30 C CYCLING	10:05 S1 BODY COMBAT	10:10 C CYCLING
10:00 S2 YOGA	10:05 S1 LOCALIZADA	10:00 OB TRX	10:30 S2 PILATES	10:30 OB TRX	10:05 S2 ZUMBA	11:15 OB C. FUNCIONAL
10:40 S1 ABS 20'	10:30 OB C. FUNCIONAL	11:15 S2 YOGA			10:15 OB C. FUNCIONAL	
					11:00 C CYCLING	
13:00 OB C.FUNCIONAL	13:00 S1 GAP 30'	13:00 S1 LOCALIZADA	13:00 OB C. FUNCIONAL			
16:00 S1 PILATES	16:00 S1 PILATES	16:00 OB C. FUNCIONAL	16:00 S1 PILATES		15:00 S1 PILATES	
					16:00 S1 LOCALIZADA	
17:30 OB C.FUNCIONAL	18:00 S1 ABS 20'	17:30 S2 MOBILIDADE 30'			17:00 OB C. FUNCIONAL	
18:30 S1 BODY PUMP	18:30 S2 MOBILIDADE 30'	18:15 S1 BOPE	18:30 S1 GAP 30'	18:00 S1 ABS 20'		
18:30 S2 PILATES	18:30 S1 GAP 30'	18:30 S2 BODY ATTACK 30'	18:30 S2 PILATES	18:30 S1 GAP 30'		
19:20 S2 MOBILIDADE 30'	19:10 S2 ZUMBA	19:10 C CYCLING	18:30 OB TRX	19:00 S2 BODY ATTACK 30'		
19:20 S1 BODY COMBAT	19:15 C CYCLING	19:15 S2 PILATES	19:15 S1 LOCALIZADA	19:05 S1 STEP		
19:30 OB CROSS	19:15 S1 POWER JUMP	19:15 OB C. FUNCIONAL	19:20 S2 ZUMBA	19:30 OB C. FUNCIONAL		
19:30 C CYCLING	19:30 OB TRX	20:10 S1 BODY PUMP	19:30 OB CROSS	19:50 S2 YOGA		
20:15 S1 BOPE	20:15 S1 LOCALIZADA		19:45 C CYCLING			
21:00 C CYCLING	21:00 S2 PILATES	21:00 S2 YOGA	21:00 S1 LOCALIZADA			
		21:00 OB TRX				

Tipo de Aula

- Mente e Corpo █
- Crianças █
- Dança █
- Cárdio █
- Localizadas █
- Cycling █
- Funcionais █
- Artes Marciais █
- Piscina █

Novo Horário/Aula ⌚