



MAPA DE AULAS

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

Segunda

Terça

Quarta

Quinta

Sexta

Sábado

Domingo

07:15 S1 LOCALIZADA

07:15 OB C. FUNCIONAL

07:15 C CYCLING

07:15 OB CROSS

07:15 OB C. FUNCIONAL

09:15 S1 PILATES

09:30 S1 GAP 30'

NOVA AULA
09:15 S1 BODY ATTACK 30'

NOVA AULA
08:30 S1 BOPE

09:30 S1 GAP 30'

09:15 C CYCLING

NOVA AULA
08:30 S1 LOCALIZADA

10:00 S2 BODY COMBAT

10:10 C CYCLING

10:00 S1 GAP 30'

09:20 S2 PILATES

10:00 S1 ZUMBA

10:15 S1 BODY PUMP

09:30 S1 PILATES

10:05 S1 ZUMBA

11:15 OB C. FUNCIONAL

10:00 S2 YOGA

10:00 S1 LOCALIZADA

10:00 OB TRX

10:30 S2 PILATES

09:30 C CYCLING

10:15 OB C. FUNCIONAL

10:40 S1 ABS 20'

10:30 OB C. FUNCIONAL

11:15 S2 YOGA

10:30 OB TRX

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

17:00 OB C. FUNCIONAL

17:30 OB C.FUNCIONAL

18:00 S1 ABS 20'

17:30 S2 MOBILIDADE 30'

18:00 S1 ABS 20'

18:30 S1 BODY PUMP

18:30 S1 MOBILIDADE 30'

18:15 S1 BOPE

18:30 S1 GAP 30'

18:30 S1 GAP 30'

18:30 S2 PILATES

18:30 S2 GAP 30'

18:30 S2 BODY ATTACK 30'

18:30 S2 PILATES

18:30 S1 BODY ATTACK 30'

NOVA AULA
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

19:30 OB TRX

19:15 OB C. FUNCIONAL

19:20 S2 ZUMBA

19:30 OB C. FUNCIONAL

19:30 C CYCLING

19:15 S1 POWER JUMP

20:10 S1 BODY PUMP

19:35 OB CROSS

19:45 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 OB TRX

21:00 S1 LOCALIZADA

Tipo de Aula

- Mente e Corpo
- Crianças
- Dança
- Cárdio
- Localizadas
- Cycling
- Funcionais
- Artes Marciais
- Piscina
- Novo Horário/Aula