

# Horário das Aulas ~ Classes Timetable

	Segunda Monday	Terça /Tuesday			Quarta Wednesday	Quinta/Thursday		Sexta /Friday			Sabado Saturday	Domingo Sunday
	Studio	Studio	Pool	Yoga	Studio	Studio	Yoga	Studio	Pool	Yoga	Yoga	Yoga
9:00				Yoga Ingrid			Yoga Ingrid			Yoga Ingrid	Yoga Ingrid	
9:30												Yoga Ingrid
10:00	PILATES Carolyn				PILATES Carolyn							
10:30		Pump Alvaro				Pump Alvaro				Yoga Mum & Babies	Fitball Ana	
11:00	DançaVentre Nidia											
11:30			11.15 Aquafit Helena				Aquafit Ana					
12:00	GAP Alvaro				Fitball Ana			Local. Alvaro				
12:30												
13:00	Body Fight Alvaro	CrazyDance			Cycling Eduardo	CrazyDance		Body Fight Alvaro				
13:30												
15.00						Dança Ventre Nidia						
16:00					Yoga Luisa							
17:30												
18.00												
18.30	Pump Ana		Aquafit Ana		Crazy Mix. Eduardo 2 Hours		Aquafit Ana	Pump Ana				
19:00												
19.30	Cycling Eduardo	Step Ana				Cycling Eduardo		Step Ana				

**DANCE CLASSES/AULAS DE DANÇA – Aulas de Dança de momento são pagas à parte (8 euros cada aula ou 25 euros por mês. / At the moment the Dance Classes have to be paid in separate ( 8 euros each or 25 euros a month)**

<b>Aulas / Classes</b>	Sócios /Gym members 5€
	Não Socios/ Non members 8€
<b>Yoga &amp; Pilates</b>	Sócios /Gym members 8€
	Não Socios/ Non members 10€

**Actualizado/update :18/04/2009 – Direcção Tecnica–Alvaro Nogueira**