



MAPA DE AULAS | MARÇO 2020

O Ovar HC reserva-se o direito de livremente modificar as actividades e horários.

Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:15 C CYCLING	07:15 S1 PUMP	07:15 OP FUNCIONAL	07:15 C CYCLING	07:15 OP TRX		
09:00 S2 PILATES	09:00 C CYCLING	08:30 P HIDROTERAPIA	09:00 S1 LOCALIZADA	08:30 P HIDROTERAPIA	09:10 P HIDRO	
09:30 P HIDRO	09:15 S1 ZUMBA	09:00 S2 PILATES	10:00 P HIDRO	09:30 C CYCLING	09:15 S1 PILATES CLÍNICO	
10:00 S1 LOCALIZADA	10:00 P HIDRO	09:30 P HIDRO	10:00 S2 YOGA	10:00 P HIDRO	10:00 P PEIX + GOLF	
10:20 P HIDRO	10:00 S1 COMBAT 30'	10:15 C CYCLING	10:00 OP TRX	10:40 OP FUNCIONAL	10:15 S1 PUMP	09:45 C CYCLING
11:00 OP INSANE 30'	11:00 OP TRX 30'	10:20 P HIDRO	11:15 P HIDROTERAPIA	11:30 S1 PUMP 30'	10:45 P PEIX + BB	10:45 S1 ALONGAMENTOS
	11:15 P HIDROTERAPIA	11:30 S2 PILATES CLÍNICO			11:15 C CYCLING	11:30 P HIDRO
12:45 S2 JUMP 30'	12:30 OP FUNCIONAL	12:45 S1 PUMP 30'	12:30 S2 PILATES	12:30 C CYCLING		
16:15 S1 GAP	15:30 P HIDRO	16:00 S1 GAP	15:30 P HIDRO	16:00 S1 LOCALIZADA	16:00 S1 ZUMBA	
17:30 OP INSANE 30'	17:15 S1 LOCALIZADA	16:00 P COLÉGIOS	16:15 OP FUNCIONAL	17:15 S2 ZUMBA	16:00 P HIDRO	
18:00 C CYCLING	17:30 P PEIX + GOLF	17:15 P COLÉGIOS	17:30 S1 ABS 20'	18:00 S2 JUMP	16:50 P TUBARÕES	
18:00 P PEIX + GOLF	18:00 OP BOPE	17:00 S2 ABS 20'	17:30 P PEIX + GOLF	18:05 OP BOPE	17:00 C CYCLING	
18:05 OP BOXE	18:00 S1 COMBAT	17:25 S2 ALONGAMENTOS	18:00 OP INSANE 30'	18:15 P PEIX + GOLF	18:00 OP ABS 20'	
18:10 S1 BRASILEIRÃO	18:20 S2 KIDS	18:00 S2 FAT BURNER 45'	18:20 S1 KIDS	19:00 P PEIX + TUBARÕES		
18:45 P PEIX + TUB	18:15 P PEIX + GOLF	18:00 OP FUNCIONAL	18:15 P PEIX + GOLF	19:05 S2 YOGA		
19:00 S2 FAT BURNER 45'	19:00 P BB + TUB	18:00 P PEIX + GOLF	18:15 C CYCLING	19:05 OP CROSS 60'		
19:00 S1 LOCALIZADA	19:05 S1 PUMP	18:00 S1 ZUMBA	19:00 P BB + TUB	19:10 C CYCLING		
19:10 OP CROSS 60'	19:10 S2 YOGA	18:50 P HIDRO	19:05 S1 PUMP	19:30 S1 JIU JITSU		
19:30 P HIDRO	19:10 C CYCLING	18:55 S1 PILATES	19:15 S2 COMBAT	19:45 P HIDRO		
20:00 S2 PILATES	19:45 P HIDRO	19:10 OP BOXE	19:45 P HIDRO			
20:00 S1 JIU JITSU	20:05 S2 PILATES CLÍNICO	19:10 C CYCLING	20:10 OP FUNCIONAL			
20:20 C CYCLING	20:10 OP ABS 20'	19:15 S2 JUMP	20:15 S2 PILATES CLÍNICO			
	20:30 OP FUNCIONAL	19:30 P TUBARÕES	20:30 P TUBARÕES			
	20:30 P TUBARÕES	19:45 S1 JIU JITSU				
		20:10 OP TRX 45'				

Tipo de Aula	
Mente e Corpo	
Crianças	
Dança	
Cárdio	
Localizadas	
Cycling	
Funcionais	
Artes Marciais	
Piscina	

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