

MAPA DE AULAS E ATIVIDADES LYNXRACE CLUB

SEG	07:15 08:00	10:00 10:45	10:45 11:00	13:15 13:45	17:30 18:15	18:30 19:00	19:00 19:45	19:15 20:00	20:15 21:00	21:00 21:15							FECHO 22:00	
	OCR 45m	CROSS TRAINING	ABS	TRX	CROSS TRAINING	TRX	CYCLE	FIT BOXING	CROSS TRAINING	ABS								
	DANIEL D.	DANIEL D.	DANIEL D.	CLÁUDIO S.	CLÁUDIO S.	CLÁUDIO S.	RICARDO J.	CLÁUDIO S.	RICARDO J.	RICARDO J.								
TER	07:15 08:00	08:00 08:15	09:30 10:15	10:30 11:15	11:15 11:30	12:30 13:00	13:00 13:45	13:15 14:00	13:45 14:00	16:30 17:15	18:15 19:00	18:30 19:15	18:30 19:30	19:30 20:15	19:15 20:00	19:30 20:15	20:15 21:00	FECHO 22:00
	CROSS TRAINING	ABS	PILATES	CROSS TRAINING	ABS	TRX	CROSS TRAINING	CYCLE	ABS	TREINO SÉNIOR	CROSS TRAINING	KIDS & TEENS	OCR 60m	FLOW	CYCLE	CROSS TRAINING	ABS	
	DANIEL D.	DANIEL D.	LARISSA M.	DANIEL D.	DANIEL D.	RICARDO J.	DANIEL D.	RICARDO J.	DANIEL D.	HUGO J.	HUGO J.	BRUNO D.	SAMUEL C.	JOANA M.	HUGO J.	RICARDO J.	RICARDO J.	
QUA	07:15 08:00	08:00 08:15	11:00 11:30	13:00 13:45	13:00 13:45	16:30 17:15	18:00 18:45	18:30 19:15	19:15 20:00	19:30 20:15	20:15 20:30							FECHO 22:00
	CROSS TRAINING	ABS	TRX	TOTAL COND.	CYCLE	TREINO SÉNIOR	CROSS TRAINING	ZUMBA	LYNX ATTACK	CROSS TRAINING	ABS							
	RICARDO J.	RICARDO J.	CLÁUDIO S.	CLÁUDIO S.	HUGO J.	HUGO J.	HUGO J.	YENIFFER C.	HUGO J.	DANIEL D.	DANIEL D.							
QUI	07:15 08:00	08:00 08:15	10:00 10:45	10:45 11:00	12:45 13:15	13:15 14:00	16:30 17:15	17:30 18:15	18:15 18:30	18:30 19:15	18:45 19:45	18:45 19:30	19:15 20:00	19:45 20:30				FECHO 22:00
	CROSS TRAINING	ABS	CROSS TRAINING	ABS	TRX	OCR 45m	TREINO SÉNIOR	CROSS TRAINING	ABS	KIDS & TEENS	OCR 60m	PILATES	CYCLE	FLOW				
	DANIEL D.	DANIEL D.	DANIEL D.	DANIEL D.	DANIEL D.	HUGO J.	HUGO J.	RICARDO J.	RICARDO J.	DANIEL D.	SAMUEL C.	MARIA J.	RICARDO J.	MARIA J.				
SEX	07:15 08:00	07:15 08:00	08:00 08:15	10:00 10:45	10:45 11:00	13:00 13:45	13:00 13:45	16:30 17:15	18:00 18:45	19:00 19:45	20:15 21:00	21:00 21:15						FECHO 22:00
	CYCLE	CROSS TRAINING	ABS	CROSS TRAINING	ABS	CROSS TRAINING	CYCLE	TREINO SÉNIOR	LYNX ATTACK	CYCLE	CROSS TRAINING	ABS						
	RICARDO J.	DANIEL D.	DANIEL D.	DANIEL D.	DANIEL D.	HUGO J.	RICARDO J.	HUGO J.	HUGO J.	RICARDO J.	RICARDO J.	RICARDO J.						
SÁB	09:15 10:00	09:30 10:30	09:30 10:15	10:30 12:00														FECHO 14:00
	CYCLE	KIDS & TEENS	PILATES	OCR 90m														
		BRUNO D.	CARLOTA L.	MARCO M.														
DOM	FECHADO																	