

2ª FEIRA

MANHA

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| 07:00 07:45 TOTAL CONDITION G 51 | 07:15 08:00 TOTAL CONDITION G 52 | 07:30 08:15 LOCALIZADA G 61 | 07:30 08:30 HATHA YOGA G 81 |
| 08:00 08:45 BIKE FUSION G 14 | 08:00 08:45 PILATES I G 71 | 08:05 08:50 TOTAL CONDITION G 51 | 08:20 09:05 TOTAL CONDITION G 52 |
| 08:45 09:30 STEP/LOCAL G 61 | 09:10 09:55 SÊNIOR FIT G 51 | 09:15 10:00 PRÉ-PARTO G 71 | 10:00 10:45 BODY TONING G 61 |
| 10:00 11:10 YOGA G 81 | 10:15 11:00 SÊNIOR FIT G 52 | 10:30 11:15 SÊNIOR FIT G 51 | 10:30 11:30 PÓS-PARTO G 71 |
| 11:05 11:50 ALONGA MENTOS G 61 | 11:30 12:40 YOGA G 81 | 11:45 12:30 GLOBAL TRAINING G 51 | |

ALMOÇO

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| 12:15 13:00 ZUMBA G 61 | 12:30 13:15 FITBOXE G 01 | 12:30 13:15 TOTAL CONDITION G 52 | 12:45 13:30 BIKE G 14 |
| 13:00 13:45 LOCAL BALL G 51 | 13:00 14:00 PILATES II G 71 | 13:00 14:00 AIKIDO G 43 | 13:00 14:00 KRAV MAGA G 31 |
| 13:10 14:10 YOGA G 81 | 13:15 14:00 PUMP POWER G 21 | 13:20 14:20 BARRA DE CHÃO G 61 | 13:35 14:20 TOTAL CONDITION G 52 |

TARDE

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| 16:55 17:40 TOTAL CONDITION G 61 | 17:40 18:40 PILATES I G 71 | 18:00 19:00 CAPOEIRA G 01 | 18:05 18:50 AERÓBICA G 61 |
| 18:10 18:55 LOCAL POWER G 21 | 18:15 19:25 YOGA G 81 | 18:30 19:15 GLOBAL TRAINING G 51 | 18:45 19:30 PILATES II G 72 |
| 19:00 20:00 PILATES II G 71 | 19:05 19:50 STEP G 61 | 19:15 20:00 BIKE G 14 | 19:15 20:00 PUMP POWER G 21 |
| 19:30 20:15 FITBOXE G 01 | 19:30 21:00 JUDO G 43 | 19:30 21:30 ESGRIMA G 02 | 19:35 20:05 HIIT G 51 |
| 19:45 20:45 HATHA YOGA G 81 | 20:10 20:55 LOCALIZADA G 61 | 20:15 21:45 DANÇA CLÁSSICA ADULTOS G 11 | 20:45 21:45 AFRO LATINAS G 72 |

3ª FEIRA

MANHA

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| 07:00 07:35 TRX CIRCUITO G 21 | 07:00 07:45 TOTAL CONDITION G 52 | 07:30 08:30 HATHA YOGA G 81 | 07:45 08:30 BIKE G 14 |
| 07:45 08:30 GLOBAL TRAINING G 51 | 08:15 09:00 BODY TONING G 61 | 08:15 09:00 PILATES I G 71 | 09:00 09:45 LOCALIZADA G 51 |
| 09:00 10:00 BARRA DE CHÃO G 72 | 10:05 10:50 TOTAL CONDITION G 51 | 10:15 11:00 GLOBAL TRAINING G 61 | 10:50 12:00 YOGA G 81 |
| 11:00 12:00 PILATES II G 71 | 11:30 12:15 TOTAL CONDITION G 52 | | |

ALMOÇO

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| 12:15 13:00 TOTAL CONDITION G 51 | 12:15 13:00 LOCAL POWER G 21 | 12:15 13:15 BARRA DE CHÃO G 61 | 12:45 13:45 PILATES I G 71 |
| 13:00 13:45 BIKE G 14 | 13:00 14:00 SEVILHANAS G 52 | 13:00 14:00 HATHA YOGA G 81 | 13:20 13:55 TRX G 21 |
| 13:20 14:05 CARDIO TONING G 51 | 13:30 14:30 JOGO DO PAU G 53 | | |

TARDE

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| 15:45 16:30 MODERADA G 51 | 17:30 18:40 YOGA G 81 | 17:35 18:20 TANGO ARGENTINO INTERMÉDIO/AVANÇADO G 72 | 17:50 18:50 PILATES II G 71 |
| 18:10 18:55 GLOBAL TRAINING G 51 | 18:30 19:15 LOCALIZADA G 61 | 18:40 19:25 TANGO ARGENTINO INICÍADOS G 72 | 18:45 19:30 TRX G 21 |
| 19:00 19:45 BIKE G 14 | 19:00 20:10 YOGA G 81 | 19:10 20:10 PILATES I G 71 | 19:15 19:45 CROSS BURN G 51 |
| 19:35 20:20 ALONGA MENTOS SÊNIOR G 61 | 19:45 20:30 DANÇA DE SALÃO INICÍADOS G 72 | 19:50 20:35 PUMP POWER G 21 | 20:15 21:45 KARATE SHOTOKAN G 81 |
| 20:50 21:35 DANÇA DE SALÃO AVANÇADOS G 72 | | | |

MANHA

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| 07:00 07:45 TOTAL CONDITION G 51 | 07:15 08:00 TOTAL CONDITION G 52 | 07:30 08:15 LOCALIZADA G 61 | 07:30 08:30 HATHA YOGA G 81 |
| 08:00 08:45 BIKE FUSION G 14 | 08:00 08:45 PILATES I G 71 | 08:05 08:50 TOTAL CONDITION G 51 | 08:20 09:05 TOTAL CONDITION G 52 |
| 08:45 09:30 LOCALIZADA G 61 | 09:10 09:55 SÊNIOR FIT G 51 | 09:15 10:00 PRÉ-PARTO G 71 | 10:00 10:45 BODY TONING G 61 |
| 10:00 11:10 YOGA G 81 | 10:15 11:00 SÊNIOR FIT G 52 | 10:30 11:15 SÊNIOR FIT G 51 | 10:30 11:30 PÓS-PARTO G 71 |
| 11:05 11:50 ALONGA MENTOS G 61 | 11:30 12:40 YOGA G 81 | 11:45 12:30 GLOBAL TRAINING G 51 | |

ALMOÇO

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| 12:30 13:15 FITBOXE G 01 | 12:30 13:15 TOTAL CONDITION G 52 | 12:30 13:30 AIKIDO G 43 | 12:45 13:30 ZUMBA G 61 |
| 12:45 13:30 BIKE G 14 | 13:00 13:45 CORE STRETCHING G 51 | 13:00 14:00 KRAV MAGA G 31 | 13:10 14:10 YOGA G 81 |
| 13:15 14:00 TRX CIRCUITO G 21 | 13:20 14:20 BARRA DE CHÃO G 71 | 13:35 14:20 TOTAL CONDITION G 52 | 13:50 14:20 ALONGA MENTOS G 61 |

TARDE

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|--|-----------------------------------|---|-----------------------------------|
| 16:55 17:40 TOTAL CONDITION G 61 | 17:40 18:40 PILATES I G 71 | 18:00 19:00 CAPOEIRA G 01 | 18:05 18:50 AERÓBICA G 61 |
| 18:10 18:55 LOCAL POWER G 21 | 18:15 19:25 YOGA G 81 | 18:30 19:15 GLOBAL TRAINING G 51 | 18:45 19:45 PILATES II G 72 |
| 19:00 20:00 PILATES II G 71 | 19:05 19:50 STEP G 61 | 19:15 20:00 BIKE G 14 | 19:15 20:00 PUMP POWER G 21 |
| 19:30 20:15 FITBOXE G 01 | 19:30 21:00 JUDO G 43 | 19:35 20:05 HIIT G 51 | 19:45 20:45 HATHA YOGA G 81 |
| 20:00 21:45 FLAMENCO E SEVILHANAS G 72 | 20:10 20:55 LOCALIZADA G 61 | 20:15 21:45 DANÇA CLÁSSICA ADULTOS G 11 | |

5ª FEIRA

MANHA

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|---|---|---|---------------------------------------|
| 07:00 07:35 TRX CIRCUITO G 21 | 07:00 07:45 TOTAL CONDITION G 52 | 07:30 08:30 HATHA YOGA G 81 | 07:45 08:30 BIKE G 14 |
| 07:45 08:30 GLOBAL TRAINING G 51 | 08:15 09:00 BODY TONING G 61 | 08:15 09:00 PILATES I G 71 | 09:00 09:45 LOCALIZADA G 51 |
| 09:00 10:00 BARRA DE CHÃO G 72 | 10:05 10:50 TOTAL CONDITION G 51 | 10:15 11:00 GLOBAL TRAINING G 61 | 10:50 12:00 YOGA G 81 |
| 11:00 12:00 PILATES II G 71 | 11:30 12:15 TOTAL CONDITION G 52 | | |

ALMOÇO

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|---|---|---|---|
| 12:15 13:15 BARRA DE CHÃO G 61 | 12:15 13:00 TOTAL CONDITION G 51 | 12:15 13:00 LOCAL POWER G 21 | 12:45 13:45 PILATES I G 71 |
| 13:00 13:45 BIKE G 14 | 13:00 14:00 HATHA YOGA G 81 | 13:20 13:55 TRX G 21 | 13:20 14:05 CARDIO TONING G 51 |
| 13:30 14:30 JOGO DO PAU G 53 | | | |

TARDE

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|---|---|--|---|
| 15:45 16:30 MODERADA G 51 | 17:30 18:40 YOGA G 81 | 17:50 18:50 PILATES II G 71 | 18:10 18:55 GLOBAL TRAINING G 51 |
| 18:20 19:20 SALSA G 72 | 18:30 19:15 LOCALIZADA G 61 | 18:45 19:30 TRX G 21 | 19:00 19:45 BIKE G 14 |
| 19:00 20:10 YOGA G 81 | 19:10 20:10 PILATES I G 71 | 19:15 19:45 CROSS BURN G 51 | 19:30 21:30 ESGRIMA G 02 |
| 19:35 20:20 ALONGA MENTOS G 61 | 19:45 20:30 DANÇAS DE SALÃO G 72 | 19:50 20:35 PUMP POWER G 21 | 20:15 21:45 KARATE SHOTOKAN G 81 |
| 20:50 21:35 DANÇAS DE SALÃO G 72 | | | |

6ª FEIRA

MANHA

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|---|---|---|---|
| 07:00 07:45 TOTAL CONDITION G 51 | 07:15 08:00 TOTAL CONDITION G 52 | 07:30 08:30 HATHA YOGA G 81 | 08:00 08:45 BIKE FUSION G 14 |
| 08:00 08:45 PILATES I G 71 | 08:05 08:50 TOTAL CONDITION G 51 | 08:20 09:05 TOTAL CONDITION G 52 | 08:45 09:30 CORE STRETCHING G 61 |
| 09:10 09:55 SÉNIOR FIT G 51 | 10:00 10:45 BODY TONING G 61 | 10:00 11:10 YOGA G 81 | 11:05 11:50 ALONGA MENTOS G 61 |
| 10:15 11:00 SÉNIOR FIT G 52 | 10:30 11:15 SÉNIOR FIT G 51 | 11:30 12:40 YOGA G 81 | 11:45 12:30 GLOBAL TRAINING G 51 |

ALMOÇO

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|--|--|---|---|
| 12:15 13:00 ZUMBA G 61 | 12:30 13:15 FITBOXE G 01 | 12:30 13:15 TOTAL CONDITION G 52 | 12:45 13:30 BIKE G 14 |
| 13:00 13:45 LOCAL BALL G 51 | 13:00 14:00 PILATES II G 71 | 13:00 14:00 AIKIDO G 43 | 13:00 14:00 KRAY MAGA G 31 |
| 13:10 14:10 YOGA G 81 | 13:15 14:00 PUMP POWER G 21 | 13:20 14:20 BARRA DE CHÃO G 61 | 13:35 14:20 TOTAL CONDITION G 52 |

TARDE

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|--|---|--|---|
| 16:55 17:40 TOTAL CONDITION G 61 | 17:40 18:40 PILATES I G 71 | 18:05 18:50 AERÓBICA G 61 | 18:10 18:55 LOCAL POWER G 21 |
| 18:15 19:25 YOGA G 81 | 18:30 19:15 GLOBAL TRAINING G 51 | 18:45 19:45 PILATES II G 72 | 19:00 20:00 PILATES II G 71 |
| 19:05 19:50 STEP G 61 | 19:15 20:00 PUMP POWER G 21 | 19:15 20:00 BIKE G 14 | 19:30 20:15 FITBOXE G 01 |
| 19:30 21:00 JUDO G 43 | 19:35 20:05 HIIT G 51 | 19:45 20:45 HATHA YOGA G 81 | 20:10 20:55 LOCALIZADA G 61 |
| 20:15 21:45 DANÇA CLÁSSICA ADULTOS G 11 | | | |



GINÁSIO
CLUBE
PORTUGUÊS

2020
2021

Mapa
AULAS DE GRUPO

www.gcp.pt

SÁBADO

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|---|--|---------------------------------------|---|
| 09:20 10:20 HATHA YOGA G 81 | 09:45 10:30 PUMP POWER/TRX G 21 | 10:15 11:00 LOCALIZADA G 61 | 10:30 12:00 KARATE SHOTOKAN G 72 |
| 10:40 11:40 PRANAYAMA MEDITAÇÃO G 81 | 10:50 11:35 LOCALIZADA G 21 | 11:00 11:45 BIKE G 14 | 11:30 12:15 CORE STRETCHING G 61 |
| 12:00 12:45 ALONGA MENTOS G 21 | 12:00 13:00 WILDFLOW YOGA G 81 | | |

MANHA E ALMOÇO

DOMINGO

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| 10:40 11:25 CIRCUITO G 51 | 11:45 12:30 MIND STRETCHING G 51 |
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