

# MAPA AULAS DE GRUPO 2019-2020



## 2ª FEIRA

## 3ª FEIRA

## 4ª FEIRA

## 5ª FEIRA

## 6ª FEIRA

## SÁBADO

MANHÃ

ALMOÇO

TARDE

07:00 07:45 TOTAL CONDITION MADALENA ALVES G 51	07:30 08:15 LOCALIZADA CARLA MOREIRA G 61	07:30 08:30 HATHA YOGA CARLOS RUI G 81	08:00 08:45 BIKE FUSION DINORA MENDONÇA G 14
08:00 08:45 PILATES I ANA PIRES G 71	08:15 09:00 TOTAL CONDITION MADALENA ALVES G 52	08:15 09:00 TREINO FUNCIONAL XANA SILVA G 51	08:45 09:30 STEP/LOCAL SONIA FILIPE G 61
10:00 10:45 BODY TONING SONIA FILIPE G 61	10:00 11:10 YOGA MARIA JOÃO CARNEIRO G 81	10:15 11:00 POSTURAL WORKOUT ANDREA ALVES G 51	11:15 12:00 ALONGA MENTOS SONIA FILIPE G 52
11:30 12:15 GLOBAL TRAINING ANDREA ALVES G 51	11:30 12:40 YOGA MARIA JOÃO CARNEIRO G 81		

12:15 13:00 ZUMBA SONIA FILIPE G 61	12:30 13:15 FITBOXE JOSÉ GASPAR G 01	12:45 13:30 BIKE HELENA GASPAR G 14	12:45 13:30 TOTAL CONDITION LÚSIA MINISTRO G 52
12:45 13:30 LOCAL BALL ANDREA ALVES G 51	13:00 14:00 PILATES II ANA PIRES G 71	13:10 14:10 YOGA JINI G 81	13:15 14:00 PUMP POWER DOMINGOS FRAZINDO G 21
13:20 14:20 BARRA DE CHÃO ROSÁRIO PINTASSILGO G 61			

17:40 18:40 PILATES I CATARINA LOURO G 71	18:00 18:45 LOCAL POWER ANA PIRES G 61	18:05 18:50 AERÓBICA FÁTIMA GABRIELO G 21	18:15 19:25 YOGA MARIA JÚLIA JESUS G 81
18:30 19:15 GLOBAL TRAINING DINORA MENDONÇA G 51	19:00 20:00 PILATES II CATARINA LOURO G 71	19:05 19:50 STEP FÁTIMA GABRIELO G 61	19:15 20:00 BIKE RITA MACEDO G 14
19:15 20:00 PUMP POWER JORGE DUARTE G 21	19:30 20:15 FITBOXE JOSÉ GASPAR G 01	19:30 21:00 JUDO HÓRACIO NUNES JOÃO NEVES RUI VIEIRA G 43	19:35 20:20 HIIT DINORA MENDONÇA G 51
19:45 20:45 HATHA YOGA PAULA NEVES G 81	20:10 20:55 LOCALIZADA JOANA PACHECO G 61	20:45 21:45 AFRO LATINAS RUI CORREA G 72	

07:00 07:35 TRX CIRCUITO JOÃO PEJAPES G 21	07:30 08:30 HATHA YOGA PAULA PIMENTA G 81	07:45 08:30 BIKE JOÃO PEJAPES G 14	07:45 08:30 GLOBAL TRAINING CARLA MOREIRA G 51
08:15 09:00 BODY TONING JOANA PACHECO G 61	08:15 09:00 PILATES I DINORA MENDONÇA G 71	09:00 09:45 LOCALIZADA JOANA PACHECO G 51	10:00 10:45 CIRCUITO XANA SILVA G 61
10:05 10:50 TOTAL CONDITION JOANA PACHECO G 51	10:50 12:00 YOGA MARIA JOÃO CARNEIRO G 81	11:00 12:00 PILATES II ANA PIRES G 71	11:10 11:55 TOTAL CONDITION LÚSIA MINISTRO G 51

12:15 13:15 BARRA DE CHÃO JINA CHERNYSHOVA G 61	12:15 13:00 TOTAL CONDITION LÚSIA MINISTRO G 51	12:15 13:00 LOCAL POWER ANA PIRES G 21	12:45 13:45 PILATES I CATARINA LOURO G 71
13:00 13:45 BIKE JOÃO PEJAPES G 14	13:00 14:00 SEVILHANAS INICIADO CLAUDIA PARANAIA G 52	13:00 14:00 HATHA YOGA RICARDO FERREIRA G 81	13:20 13:55 TRX ANA PIRES G 21
13:20 14:05 CARDIO TONING JOANA PACHECO G 51			

17:30 18:40 YOGA MARIA JOÃO CARNEIRO G 81	17:30 18:15 TANGO ARGENTINO INTERMÉDIO/AVANÇADO MARC RUSSNER G 72	17:50 18:50 PILATES II JOANA FORTADO G 71	18:10 18:55 GLOBAL TRAINING ANA PIRES G 51
18:35 19:20 TANGO ARGENTINO MARC RUSSNER G 72	18:45 19:30 TRX DOMINGOS FRAZINDO G 21	19:00 20:10 YOGA MARIA JÚLIA JESUS G 81	19:00 19:45 BIKE HELENA GASPAR G 14
19:10 20:10 PILATES I JOANA FORTADO G 71	19:15 19:45 HIIT ANA PIRES G 51	19:20 20:05 ALONGA MENTOS SONIA FILIPE G 61	19:45 20:30 DANCAS DE SÁLÃO INICIADO ANTONIO SALES G 72
20:00 20:45 PUMP POWER DOMINGOS FRAZINDO G 21	20:30 22:00 KARATE SHOTOKAN EDUARDO COELHO G 81	20:50 21:35 DANCAS DE SÁLÃO INTERMÉDIO/AVANÇADO ANTONIO SALES G 72	

07:00 07:45 TOTAL CONDITION MADALENA ALVES G 51	07:30 08:15 LOCALIZADA CARLA MOREIRA G 61	07:30 08:30 HATHA YOGA CARLOS RUI G 81	08:00 08:45 BIKE FUSION DINORA MENDONÇA G 14
08:00 08:45 PILATES I ANA PIRES G 71	08:15 09:00 TOTAL CONDITION MADALENA ALVES G 52	08:15 09:00 TREINO FUNCIONAL XANA SILVA G 51	08:45 09:30 LOCALIZADA SONIA FILIPE G 61
10:00 10:45 BODY TONING SONIA FILIPE G 61	10:00 11:10 YOGA MARIA JOÃO CARNEIRO G 81	10:15 11:00 POSTURAL WORKOUT ANDREA ALVES G 51	11:15 12:00 ALONGA MENTOS SONIA FILIPE G 52
11:30 12:15 GLOBAL TRAINING ANDREA ALVES G 51	11:30 12:40 YOGA MARIA JOÃO CARNEIRO G 81		

12:30 13:15 FITBOXE JOÃO GASPAR G 01	12:45 13:30 ZUMBA ANA PIRES G 61	12:45 13:30 BIKE HELENA GASPAR G 14	12:45 13:30 TOTAL CONDITION LÚSIA MINISTRO G 52
12:45 13:30 CORE STRETCHING ANDREA ALVES G 51	13:10 14:10 YOGA JINI G 81	13:15 14:00 TRX CIRCUITO DOMINGOS FRAZINDO G 21	13:20 14:20 BARRA DE CHÃO ROSÁRIO PINTASSILGO G 71
14:00 14:30 ALONGA MENTOS ANA PIRES G 71			

17:40 18:40 PILATES I CATARINA LOURO G 71	18:00 18:45 LOCAL POWER ANA PIRES G 61	18:05 18:50 AERÓBICA FÁTIMA GABRIELO G 21	18:15 19:25 YOGA MARIA JÚLIA JESUS G 81
18:30 19:15 GLOBAL TRAINING DINORA MENDONÇA G 51	19:00 20:00 PILATES II CATARINA LOURO G 71	19:00 21:00 FLAMENCAS SEVILHANAS CLAUDIA PARANAIA G 72	19:05 19:50 STEP FÁTIMA GABRIELO G 61
19:15 20:00 BIKE RITA MACEDO G 14	19:15 20:00 PUMP POWER JORGE DUARTE G 21	19:30 20:15 FITBOXE JOSÉ GASPAR G 01	19:30 21:00 JUDO HÓRACIO NUNES JOÃO NEVES RUI VIEIRA G 43
19:35 20:20 HIIT DINORA MENDONÇA G 51	19:45 20:45 HATHA YOGA PAULA NEVES G 81	20:10 20:55 LOCALIZADA JOANA PACHECO G 61	

07:00 07:35 TRX CIRCUITO JOÃO PEJAPES G 21	07:30 08:30 HATHA YOGA PAULA PIMENTA G 81	07:45 08:30 BIKE JOÃO PEJAPES G 14	07:45 08:30 GLOBAL TRAINING CARLA MOREIRA G 51
08:15 09:00 BODY TONING JOANA PACHECO G 61	08:15 09:00 PILATES I DINORA MENDONÇA G 71	09:00 09:45 LOCALIZADA JOANA PACHECO G 51	10:00 10:45 CIRCUITO XANA SILVA G 61
10:05 10:50 TOTAL CONDITION JOANA PACHECO G 51	10:50 12:00 YOGA MARIA JOÃO CARNEIRO G 81	11:00 12:00 PILATES II ANA PIRES G 71	11:10 11:55 TOTAL CONDITION LÚSIA MINISTRO G 51

12:15 13:15 BARRA DE CHÃO JINA CHERNYSHOVA G 61	12:15 13:00 TOTAL CONDITION LÚSIA MINISTRO G 51	12:15 13:00 LOCAL POWER ANA PIRES G 21	12:45 13:45 PILATES I CATARINA LOURO G 71
13:00 13:45 BIKE JOÃO PEJAPES G 14	13:00 14:00 HATHA YOGA RICARDO FERREIRA G 81	13:20 13:55 TRX ANA PIRES G 21	13:20 14:05 CARDIO TONING JOANA PACHECO G 51

17:30 18:40 YOGA MARIA JOÃO CARNEIRO G 81	17:50 18:50 PILATES II JOANA FORTADO G 71	18:10 18:55 GLOBAL TRAINING ANA PIRES G 51	18:20 19:20 SALSA JOSÉ SANTOS G 72
18:45 19:30 TRX DOMINGOS FRAZINDO G 21	19:00 20:10 YOGA MARIA JÚLIA JESUS G 81	19:00 19:45 BIKE HELENA GASPAR G 14	19:10 20:10 PILATES I JOANA FORTADO G 71
19:15 19:45 HIIT ANA PIRES G 51	19:20 20:05 ALONGA MENTOS SONIA FILIPE G 61	19:45 20:30 DANCAS DE SÁLÃO INICIADO ANTONIO SALES G 72	20:00 20:45 PUMP POWER DOMINGOS FRAZINDO G 21
20:30 22:00 KARATE SHOTOKAN EDUARDO COELHO G 81	20:50 21:35 DANCAS DE SÁLÃO INTERMÉDIO/AVANÇADO ANTONIO SALES G 72		

07:00 07:45 TOTAL CONDITION MADALENA ALVES G 51	07:30 08:30 HATHA YOGA CARLOS RUI G 81	08:00 08:45 BIKE FUSION DINORA MENDONÇA G 14	08:00 08:45 PILATES I ANA PIRES G 71
08:15 09:00 TOTAL CONDITION MADALENA ALVES G 52	08:15 09:00 TREINO FUNCIONAL XANA SILVA G 51	08:45 09:30 CORE STRETCHING SONIA FILIPE G 61	10:00 10:45 BODY TONING SONIA FILIPE G 61
10:00 11:10 YOGA MARIA JOÃO CARNEIRO G 81	10:15 11:00 POSTURAL WORKOUT ANDREA ALVES G 51	11:15 12:00 ALONGA MENTOS SONIA FILIPE G 52	11:30 12:15 GLOBAL TRAINING ANDREA ALVES G 51
11:30 12:40 YOGA MARIA JOÃO CARNEIRO G 81			

12:15 13:00 ZUMBA SONIA FILIPE G 61	12:30 13:15 FITBOXE JOÃO GASPAR G 01	12:45 13:30 BIKE HELENA GASPAR G 14	12:45 13:30 TOTAL CONDITION LÚSIA MINISTRO G 52
13:00 14:00 PILATES II ANA PIRES G 71	13:10 14:10 YOGA JINI G 81	13:15 14:00 PUMP POWER DOMINGOS FRAZINDO G 21	13:15 14:00 LOCAL BALL ANDREA ALVES G 51
13:20 14:20 BARRA DE CHÃO ROSÁRIO PINTASSILGO G 61			

17:40 18:40 PILATES I CATARINA LOURO G 71	18:00 18:45 LOCAL POWER ANA PIRES G 61	18:05 18:50 AERÓBICA FÁTIMA GABRIELO G 21	18:15 19:25 YOGA MARIA JÚLIA JESUS G 81
18:30 19:15 GLOBAL TRAINING DINORA MENDONÇA G 51	19:00 20:00 PILATES II CATARINA LOURO G 71	19:05 19:50 STEP FÁTIMA GABRIELO G 61	19:15 20:00 BIKE RITA MACEDO G 14
19:15 20:00 PUMP POWER JORGE DUARTE G 21	19:30 20:15 FITBOXE JOÃO GASPAR G 01	19:30 21:00 JUDO HÓRACIO NUNES JOÃO NEVES RUI VIEIRA G 43	19:35 20:20 HIIT DINORA MENDONÇA G 51
19:45 20:45 HATHA YOGA PAULA NEVES G 81	20:10 20:55 LOCALIZADA JOANA PACHECO G 61		

09:00 09:45 MOVEMENT FLOW LOCK HOURA G 61	09:20 10:20 HATHA YOGA PAULA NEVES G 81	09:45 10:30 PUMP POWER/TRX RITA MACEDO G 21	10:15 11:00 LOCALIZADA DINORA MENDONÇA G 61
10:30 12:00 KARATE SHOTOKAN EDUARDO COELHO G 72	10:40 11:40 PRANAYAMA MEDITAÇÃO JINI G 81	10:50 11:35 LOCALIZADA RITA MACEDO G 21	11:00 11:45 BIKE HELENA GASPAR G 14
11:30 12:15 CORE STRETCHING DINORA MENDONÇA G 61	12:00 13:00 YOGA JINI G 81	12:00 12:45 ALONGA MENTOS RITA MACEDO G 21	

10:30 11:15 CIRCUITO RITA MACEDO G 51	11:45 12:30 MIND STRETCHING RITA MACEDO G 51
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17:40 18:40 PILATES I CATARINA LOURO G 71	18:00 18:45 LOCAL POWER ANA PIRES G 61	18:05 18:50 AERÓBICA FÁTIMA GABRIELO G 21	18:15 19:25 YOGA MARIA JÚLIA JESUS G 81
18:30 19:15 GLOBAL TRAINING DINORA MENDONÇA G 51	19:00 20:00 PILATES II CATARINA LOURO G 71	19:05 19:50 STEP FÁTIMA GABRIELO G 61	19:15 20:00 BIKE RITA MACEDO G 14
19:15 20:00 PUMP POWER JORGE DUARTE G 21	19:30 20:15 FITBOXE JOÃO GASPAR G 01	19:30 21:00 JUDO HÓRACIO NUNES JOÃO NEVES RUI VIEIRA G 43	19:35 20:20 HIIT DINORA MENDONÇA G 51
19:45 20:45 HATHA YOGA PAULA NEVES G 81	20:10 20:55 LOCALIZADA JOANA PACHECO G 61		



GINÁSIO CLUBE PORTUGUÊS