

MAPA DE AULAS E ATIVIDADES LYNXRACE CLUB - 2024

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