



ATIVIDADES OFERECIDAS PELO NPC

Área externa	Segunda	Terça	Quarta	Quinta
Treinamento Funcional	A-16:00-17:00	B-16:00-17:00 C-17:30-18:30	A-16:00-17:00	B-16:00-17:00 C-17:30-18:30
Quadra	Segunda	Terça	Quarta	Quinta
Futsal Misto	A-17:00-18:00 B-18:00-19:00		A-17:00-18:00 B-18:00-19:00	
Handebol		A-17:00-18:00 B-18:00-19:00		A-17:00-18:00 B-18:00-19:00
Musculação	Segunda	Terça	Quarta	Quinta
		09:30-10:30 10:30-11:30	09:30-10:30 10:30-11:30	09:30-10:30 10:30-11:30
	14:00-15:00 15:00-16:00			11:30-12:30
	16:00-17:00 17:00-18:00	14:00-15:00 15:00-16:00	14:00-15:00 15:00-16:00	12:30-13:30
	18:00-19:00	16:00-17:00 17:00-18:00 18:00-19:00	16:00-17:00 17:00-18:00 18:00-19:00	14:00-15:00 15:00-16:00 16:00-17:00
				17:00-18:00 18:00-19:00

Sala de dança	Segunda	Terça	Quarta	Quinta
Pump Fit	17:20-18:20		17:20-18:20	
K-pop		14:00-15:00	14:00-15:00	14:00-15:00
Power Dance		15:00-16:00	15:00-16:00	15:00-16:00
Ballet infantil		13:00-14:00		13:00-14:00
Zumba	A-10:00-11:00 B-16:20-17:20		A-10:00-11:00 B-16:20-17:20	
FitDance			11:30-12:30	
Jump		17:00-18:00		17:00-18:00
Ritmos	09:00-10:00	A-11:00-12:00 B-16:00-17:00	09:00-10:00	A-11:00-12:00 B-16:00-17:00
Ginástica localizada		18:00-19:00		18:00-19:00
Ballet fitness	15:00-16:00		15:00-16:00	
Step	13:00-14:00		13:00-14:00	
Sala de Lutas	Segunda	Terça	Quarta	Quinta
Muay Thai	17:30-18:30		17:30-18:30	
Taekwondo		13:00-14:00		13:00-14:00
Karatê TA=turma avançada	TA-15:30-16:30 A-16:30-17:30	B-15:30-16:30 C-16:30-17:30	A-16:30-17:30	B-15:30-16:30 C-16:30-17:30
Natação	Segunda	Terça	Quarta	Quinta
	A-11:00-12:00 B-12:00-13:00 C-15:00-16:00 D-16:00-17:00	E-11:00-12:00 F-13:00-14:00 G-15:00-16:00 H-16:00-17:00 I-17:00-18:00	A-11:00-12:00 B-12:00-13:00 C-15:00-16:00 D-16:00-17:00	E-11:00-12:00 F-13:00-14:00 G-15:00-16:00 H-16:00-17:00 I-17:00-18:00