ACADEMIA
DE GINÁSTICA

VEJA O QUADRO DE HORÁRIOS DOS PLANOS **3X POR SEMANA** E **ACADEMIA LIVRE**:

HORÁRIO	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:50		Corrida 1h10' HIIT 25'		Corrida 1h10' HIIT 25'		
07:15	Bike 45'	Ritmos 30'	Bike 45'	Ritmos 30'	Bike 45'	
07:45		Bike 45'		Bike 45'		
10:15	Bike 45'	HIIT 30'	Bike 45'	HIIT 30'	Bike 45'	Corrida 1h45'
11:05	Abdominal 15'		Abdominal 15'		Abdominal 15'	Abdominal 15'
11:20		Yoga 40'		Yoga 40'		Bike 45'
12:00	Abdominal 15' Corrida 1h		Abdominal 15' Corrida 1h		Abdominal 15 Corrida 1h	HIIT 30' (12h10)
12:15	Ritmos 45' Bike 45'	Bike 45'	Ritmos 45' Bike 45'	Bike 45'	Ritmos 45' Bike 45'	
16:00	HIIT 30'	Bike 45'	HIIT 30'	Bike 45'	HIIT 30'	
16:30		HIIT 30'	Mat Pilates 45'	HIIT 30'	Mat Pilates 45'	
17:15	Ritmos 45'	Local 45'	Ritmos 45'	Local 45'	Ritmos 45'	
17:45			Yoga 40'		Yoga 40'	
18:30	Corrida 1h30' Bike 45'	Bike 45'	Corrida 1h30' Bike 45'	Bike 45'	Corrida 1h30' Bike 45'	
19:15		Abdominal 15'		Abdominal 15'		
19:30	Abdominal 15'	Ritmos 45'	Abdominal 15' Jiu-jitsu 1h	Ritmos 45'	Abdominal 15' Jiu-jitsu 1h	
19:45	Circuito Fight 45'		Circuito Fight 45'		Circuito Fight 45'	
20:00	Futebol Masculino 1h		Futebol Masculino 1h		Futebol Masculino 1h	
20:15	Bike 45'	Circuito Fight 45'	Bike 45'	Circuito Fight 45'		
20:30	HIIT 30'	Futebol Masculino 1h	HIIT 30'	Futebol Masculino 1h	HIIT 30'	
21:30		Mat Pilates 45'		Mat Pilates 45'		

MARISTA

PARQUE ESPORTIVO PUCRS
Av. Ipiranga, 6690 - Prédio 81 - Porto Alegre/RS
www.pucrs.br/parqueesportivo
parqueesportivo@pucrs.br
(51) 3320.3910 ou (51) 3320.3622

PUCRS
PARQUE ESPORTIVO