

|             | HORA  | SEGUNDA                                 | TERÇA                                   | QUARTA                                  | QUINTA                                  | SEXTA                                   | LOCAL               |
|-------------|-------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|---------------------|
| Alongamento | 07:00 | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Alongamento Prof. <sup>a</sup> Thatiany | Sala de Ginástica 1 |
| Alongamento | 08:00 |                                         | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Sala de Ginástica 1 |
| Localizada  | 08:00 | Localizada Prof. <sup>a</sup> Fernanda  | Localizada Prof. <sup>a</sup> Fernanda  | Localizada Prof. <sup>a</sup> Fernanda  | Localizada Prof. <sup>a</sup> Fernanda  | Localizada Prof. <sup>a</sup> Fernanda  | Salão II            |
| Abdominal   | 16:00 |                                         | Abdominal Prof. <sup>a</sup> Thatiany   |                                         | Abdominal Prof. <sup>a</sup> Thatiany   |                                         | Sala de Ginástica 1 |
| Alongamento | 16:00 | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Alongamento Prof. <sup>a</sup> Thatiany | Sala de Ginástica 1 |
| Alongamento | 17:00 |                                         | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Alongamento Prof. <sup>a</sup> Thatiany |                                         | Sala de Ginástica 1 |
| Localizada  | 18:00 | Localizada Prof. <sup>a</sup> Fernanda  |                                         | Localizada Prof. <sup>a</sup> Fernanda  |                                         |                                         | Salão II            |
| Abdominal   | 18:30 |                                         | Abdominal Prof. <sup>a</sup> Thatiany   |                                         | Abdominal Prof. <sup>a</sup> Thatiany   |                                         | Sala de Ginástica 1 |
| Alongamento | 19:15 | Alongamento Prof. Kaíque                |                                         | Alongamento Prof. Kaíque                |                                         |                                         | Salão II            |