

# CHÁCARA SANTO ANTÔNIO - CIA 111



## GRADE ADULTO 2026

Atualizado: 02/03/2026

### MANHÃ

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
06:15 - ORANGE ZONE CAROL 60' / SALA 3	06:15 - ALONGAMENTO ERIC 30' / SALA 5	06:15 - ORANGE ZONE CAROL 60' / SALA 3	06:15 - ALONGAMENTO ERIC 30' / SALA 5	06:30 - ORANGE ZONE ERIC 60' / SALA 3
06:30 - GAP ERIC 45' / SALA 5	06:30 - POWER BIKE BIANCA 45' / SALA 2	06:30 - GAP ERIC 45' / SALA 5	06:30 - POWER BIKE BIANCA 45' / SALA 2	07:00 - MUAY THAI ROSANGELA 60' / SALA 4
07:00 - MUAY THAI ROSANGELA 60' / SALA 4	06:30 - RUNNING CLASS GUILHERME 45' / CARDIO	07:00 - MUAY THAI ROSANGELA 60' / SALA 4	06:30 - RUNNING CLASS GUILHERME 45' / CARDIO	07:00 - POWER BIKE BIANCA 45' / SALA 2
07:00 - POWER BIKE THYAGO 45' / SALA 2	07:00 - JIU JITSU WILLIAM 60' / SALA 4	07:00 - POWER BIKE THYAGO 45' / SALA 2	07:00 - JIU JITSU WILLIAM 60' / SALA 4	07:00 - RUNNING CLASS GUILHERME 45' / CARDIO
07:00 - RUNNING CLASS GUILHERME 45' / CARDIO	07:00 - ORANGE ZONE ERIC 60' / SALA 3	07:00 - RUNNING CLASS GUILHERME 45' / CARDIO	07:00 - ORANGE ZONE ERIC 60' / SALA 3	07:45 - POWER JUMP ERIC 45' / SALA 5
07:15 - FIT DANCE ERIC 60' / SALA 5	08:15 - LOCALIZADA ERIC 60' / SALA 5	07:15 - FIT DANCE ERIC 60' / SALA 5	08:15 - LOCALIZADA ERIC 60' / SALA 5	08:00 - ORANGE ZONE BIANCA 60' / SALA 3
08:00 - ORANGE ZONE THYAGO 60' / SALA 3	08:30 - YOGA ANDRE 60' / SALA 4	08:00 - ORANGE ZONE THYAGO 60' / SALA 3	08:30 - YOGA ANDRE 60' / SALA 4	08:30 - BODY PUMP HEAVY ERIC 60' / SALA 5
08:00 - MAT PILATES DAYANE 60' / SALA 4	09:00 - SPINNING SERGINHO 45' / SALA 2	08:00 - MAT PILATES DAYANE 60' / SALA 4	09:00 - SPINNING SERGINHO 45' / SALA 2	09:00 - MUSC. PLATINUM CAMILA MENDES 120' / MUSC
08:30 - BODY PUMP ERIC 60' / SALA 5	09:30 - ORANGE ZONE ERIC 60' / SALA 3	08:30 - BODY PUMP ERIC 60' / SALA 5	09:30 - ORANGE ZONE ERIC 60' / SALA 3	09:30 - LES MILLS CORE ERIC 45' / SALA 5
09:00 - MUSC. PLATINUM CAMILA MENDES 120' / MUSC	09:30 - MULTI PLATINUM MAURO 60' / SALA 5	09:00 - MUSC. PLATINUM CAMILA MENDES 120' / MUSC	09:30 - MULTI PLATINUM MAURO 60' / SALA 5	10:30 - YOGA REGIS 60' / SALA 4
09:00 - ALONGAMENTO DAYANE 30' / SALA 4	10:30 - FLOW RUBINHO 60' / SALA 4	09:00 - ALONGAMENTO DAYANE 30' / SALA 4	10:30 - FLOW RUBINHO 60' / SALA 4	
09:30 - MAT PILATES DAYANE 60' / SALA 4	11:00 - MULT PL. ESPECIAL MAURO 30' / MUSC	09:30 - MAT PILATES DAYANE 60' / SALA 4	11:00 - MULT PL. ESPECIAL MAURO 30' / MUSC	
09:45 - LES MILLS DANCE ERIC 45' / SALA 5	11:00 - DANÇA DO VENTRE ANA MARIA 60' / SALA 5	09:45 - LES MILLS DANCE ERIC 45' / SALA 5	11:00 - DANÇA DO VENTRE ANA MARIA 60' / SALA 5	
10:30 - YOGA REGIS 60' / SALA 4		10:30 - YOGA REGIS 60' / SALA 4		
10:30 - STEP THAMYRIS 60' / SALA 5		10:30 - STEP THAMYRIS 60' / SALA 5		

### TARDE

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
12:00 - SPINNING BRUNO 45' / SALA 2	12:00 - SPINNING SERGINHO 45' / SALA 2	12:00 - SPINNING BRUNO 45' / SALA 2	12:00 - SPINNING SERGINHO 45' / SALA 2	12:30 - ORANGE ZONE BIANCA 60' / SALA 3
12:00 - JIU JITSU BRUNO FREITAS 90' / SALA 4	12:15 - ORANGE ZONE CAMILA TAVARES 60' / SALA 3	12:00 - JIU JITSU BRUNO FREITAS 90' / SALA 4	12:15 - ORANGE ZONE CAMILA TAVARES 60' / SALA 3	17:00 - ORANGE ZONE ERIC 60' / SALA 3
12:30 - ORANGE ZONE THYAGO 60' / SALA 3	16:00 - JIU JITSU WILLIAM 60' / SALA 4	12:30 - ORANGE ZONE THYAGO 60' / SALA 3	16:00 - JIU JITSU WILLIAM 60' / SALA 4	17:30 - POWER ABS RUBÃO 30' / SALA 4
16:00 - MUAY THAI ROSANGELA 60' / SALA 4	17:30 - ALONGAMENTO ERIC 30' / SALA 5	16:00 - MUAY THAI ROSANGELA 60' / SALA 4	17:30 - ALONGAMENTO ERIC 30' / SALA 5	
17:00 - ORANGE ZONE ERIC 60' / SALA 3		17:00 - ORANGE ZONE ERIC 60' / SALA 3		

MAIS INFORMAÇÕES PELO CONTATO: 11 5051-0000  
OS HORÁRIOS PODERÃO SER ALTERADOS SEM AVISO PRÉVIO

# CHÁCARA SANTO ANTÔNIO - CIA 111



## GRADE ADULTO 2026

### NOITE

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
18:00 - SPINNING BRUNO CASTRO 45' / SALA 2	18:00 - SPINNING BRUNO CASTRO 45' / SALA 2	18:00 - SPINNING BRUNO CASTRO 45' / SALA 2	18:00 - SPINNING BRUNO CASTRO 45' / SALA 2	18:00 - POWER BIKE RUBÃO 45' / SALA 2
18:00 - MAT PILATES MARINA 50' / SALA 4	18:00 - FITDANCE ERIC 60' / SALA 5	18:00 - MAT PILATES MARINA 50' / SALA 4	18:00 - FITDANCE ERIC 60' / SALA 5	18:15 - AXIS ERIC 30' / SALA 5
18:45 - ORANGE ZONE RUBÃO 60' / SALA 3	18:45 - ORANGE ZONE LUIZ 60' / SALA 3	18:45 - ORANGE ZONE RUBÃO 60' / SALA 3	18:45 - ORANGE ZONE LUIZ 60' / SALA 3	18:30 - JIU JITSU REGIS 90' / SALA 4
19:00 - JIU JITSU REGIS 90' / SALA 4	19:00 - POWER ABS BRUNO CASTRO 30' / SALA 4	19:00 - JIU JITSU REGIS 90' / SALA 4	19:00 - POWER ABS BRUNO CASTRO 30' / SALA 4	18:45 - ORANGE ZONE BIANCA 60' / SALA 3
19:00 - POWER BIKE MARINA 45' / SALA 2	19:00 - POWER BIKE BIANCA 45' / SALA 2	19:00 - POWER BIKE MARINA 45' / SALA 2	19:00 - POWER BIKE BIANCA 45' / SALA 2	18:45 - BODY BALANCE ERIC 45' / SALA 5
19:00 - FITDANCE BRUNNA 60' / SALA 5	19:00 - BODY PUMP ERIC 60' / SALA 5	19:00 - FITDANCE BRUNNA 60' / SALA 5	19:00 - BODY PUMP HEAVY ERIC 60' / SALA 5	19:00 - POWER BIKE RUBÃO 45' / SALA 2
19:15 - RUNNING CLASS VICTOR 45' / CARDIO	19:30 - ALONGAMENTO BRUNO CASTRO 30' / SALA 4	19:15 - RUNNING CLASS VICTOR 45' / CARDIO	19:30 - ALONGAMENTO BRUNO CASTRO 30' / SALA 4	19:30 - POWER JUMP ERIC 45' / SALA 5
20:00 - ORANGE ZONE MARINA 60' / SALA 3	20:00 - ORANGE ZONE BIANCA 60' / SALA 3	20:00 - ORANGE ZONE MARINA 60' / SALA 3	20:00 - ORANGE ZONE BIANCA 60' / SALA 3	20:00 - ALONGAMENTO RUBÃO 30' / SALA 4
20:00 - YOGA ANDRÉ 60' / SALA 5	20:00 - MUAY THAI ROSANGELA 60' / SALA 4	20:00 - YOGA ANDRÉ 60' / SALA 5	20:00 - MUAY THAI ROSANGELA 60' / SALA 4	
20:00 - POWER BIKE RUBÃO 45' / SALA 2	20:00 - BODY BALANCE ERIC 60' / SALA 5	20:00 - POWER BIKE RUBÃO 45' / SALA 2	20:00 - BODY BALANCE ERIC 60' / SALA 5	
20:30 - BOXE MARCELO 60' / SALA 4	21:00 - JIU JITSU WILLIAM 60' / SALA 4	20:30 - BOXE MARCELO 60' / SALA 4	21:00 - JIU JITSU WILLIAM 60' / SALA 4	

SÁBADO	DOMINGO	FERIADO
09:00 - CAPOEIRA ESCALA 60' / SALA 5		
09:00 - POWER BIKE ESCALA 60' / SALA 2	09:00 - POWER BIKE ESCALA 60' / SALA 2	09:00 - POWER BIKE ESCALA 60' / SALA 2
10:00 - ORANGE ZONE ESCALA 60' / SALA 3	10:00 - ORANGE ZONE ESCALA 60' / SALA 3	10:00 - ORANGE ZONE ESCALA 60' / SALA 3
10:30 - POWER BIKE ESCALA 60' / SALA 2	10:30 - POWER BIKE ESCALA 60' / SALA 2	10:30 - POWER BIKE ESCALA 60' / SALA 2
11:30 - ORANGE ZONE ESCALA 60' / SALA 3	11:30 - ORANGE ZONE ESCALA 60' / SALA 3	11:30 - ORANGE ZONE ESCALA 60' / SALA 3
11:45 - POWER ABS ESCALA 30' / SALA 5	11:45 - POWER ABS ESCALA 30' / SALA 5	11:45 - POWER ABS ESCALA 30' / SALA 5
12:15 - ALONGAMENTO ESCALA 30' / SALA 5	12:15 - ALONGAMENTO ESCALA 30' / SALA 5	12:15 - ALONGAMENTO ESCALA 30' / SALA 5

### ATENÇÃO

Aulas de Orange Zone - Chegar com 20 min de antecedência

Aulas de Bike - É PROIBIDO reservar bike

Não é necessário realizar agendamentos para fazer as aulas

MAIS INFORMAÇÕES PELO SITE CIAATHLETICA.COM.BR - TEL: (11) 5051-0000 - UNIDADE CIA 111

OS HORÁRIOS PODERÃO SER ALTERADOS SEM AVISO PRÉVIO