



CLUBE ATLÉTICO VALINHENSE

Tabela de Horário da Musculação 2010



Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
06:30 – 12:00 Rafael (06:30 – 10:00) Carla (10:00 – 12:00)	06:30 - 12:00 Rafael (06:30 – 10:00) Dani Carla (10:00 – 12:00)	06:30 - 12:00 Carla (06:30 – 12:00)	06:30 - 12:00 Rafael (06:30 – 09:00) Dani Carla (09:00 – 12:00)	06:30 - 12:00 Rafael (06:30 – 10:00) Carla (10:00 – 12:00)	07:00 - 12:00 Rafael (07:00 – 12:00)	08:00 – 13:00 Escala
14:00 – 18:00 Rafael (14:00 – 18:00) Dani	14:00 – 18:00 Rafael (14:00 – 18:00)	14:00 – 18:00 Rafael (14:00 – 18:00)	14:00 – 18:00 Rafael (14:00 – 18:00)	14:00 – 18:00 Rafael (14:00 – 18:00)	12:00 – 17:00 Silvio (12:00 – 17:00)	
18:00 – 21:30 Silvio (18:00 – 21:30) Dani	18:00 – 21:30 Silvio (18:00 – 21:30) Rafael (18:00 – 19:00)	18:00 – 21:30 Silvio (18:00 – 21:30) Rafael (18:00 – 19:00)	18:00 – 21:30 Silvio (18:00 – 21:30) Rafael (18:00 – 19:00)	18:00 – 21:00 Silvio (18:00 – 21:00) Rafael (18:00 – 19:00)		

TAXA:

- R\$ 18,00 mensais;
- Acima de 65 anos cobra-se meia taxa de inscrição R\$ 9,00 mensais;