



GROUP CLASSES SCHEDULE

BAHIA MAR GYM 2026



MON

TUE

WED

THU

FRI

Yoga with Silks
8 - 9 am

Circuito
7:30 - 8:15 am

Hatha-Vinyasa
Yoga
8 - 9 am

Yoga with Silks
8 - 9 am



MON

TUE

WED

THU

FRI

Aero-Step
5 - 6 pm



Modalidades de Pagamentos Mensais:

Free Pass Aulas: 4,500 Mets

Drop in Aulas de Grupo: 1,000 Meticais por aula

Pack 10 tickets: 6,000 Mets (válido por 6 meses)

Pack STRONG: 6,000 Mets (Free Pass) 4,500 Mets (3x semana)
Free Pass Aulas + Treino Personalizado (Obrigatorio reservar)

Monthly Payment Modalities:

Free Pass Classes: 4,500 Mets

Drop in Group Classes: 1,000 Meticais per class

Pack 10 tickets: 6,000 Mets (valid for 6 months)

Pack STRONG: 6,000 Mets (free Pass) 4,500 Mets (3x week)
Free Pass Aulas + Personal Trainer (pre booking is essential)