

HORAS	SEGUNDA	ESTÚDIO	TERÇA	ESTÚDIO	QUARTA	ESTÚDIO	QUINTA	ESTÚDIO	SEXTA	ESTÚDIO	SÁBADO	ESTÚDIO	DOMINGO	ESTÚDIO
07:15	BOOTCAMP	P	CROSSPHIVE	P	CXWORX (30m)	P	FLYOGA	F	RPM	R				
09:00	PILATES	F												
09:30			BALANCE(45m)	F	PILATES	F	BALANCE	F	YOGA	F	BALANCE	F		
10:00	CROSSPHIVE	P												
10:15	ZUMBA (45m)	M	FLYOGA	F			TRX (45m)	P	BODYSTEP (30m)	P				
10:15			BODYCOMBAT(45m)	M										
10:30					RPM	R							RPM	R
10:30													BOOTCAMP(45m)	P
10:45											CROSSPHIVE	P		
11:00			JAM (45m)	M					CROSSPHIVE	P	BODYATTACK	M		
11:15	SPINNING	R											BODYATTACK	M
11:30					BODYPUMP	P	BODYATTACK (45m)	M					CXWORX (30m)	P
11:45			CXWORX (30m)	P										
12:00											BODYPUMP	P		
12:30			CROSSPHIVE	P					GAP (45m)	M				
12:45	TRX (30m)	P			BOOTCAMP(45m)	P	CROSSPHIVE	P						
16:30			BOOTCAMP	P			GAP	M						
17:30					CROSSPHIVE	P					BODYCOMBAT	M		
17:45	BOOTCAMP	P			BODYATTACK (45m)	M	CROSSPHIVE	P						
18:00	RPM	R	GAP	M			BALANCE	F	BODYATTACK (30m)	M	TRX (30m)	P		
18:00	GYM PHIT KIDS	F							SPINNING(45m)	R				
18:00									BALLET	F				
18:15	VIVE	M	SPINNING	R			VIVE(30m)	M						
18:30			YOGA	F	CXWORX (30m)	P			CXWORX (30m)	P	RPM	R		
18:30			BODYSTEP	P	FLYOGA	F								
18:45					ZUMBA	M	RPM	R						
18:45					SPINNING	R								
19:00	BODYPUMP(45m)	P	BODYATTACK	M	BOOTCAMP	P	JAM	M	BOOTCAMP(45m)	P				
19:00	RPM	R					CXWORX (30m)	P	FLYOGA	F				
19:00	BALANCE(45m)	F							ZUMBA (45m)	M				
19:15	BODYCOMBAT	M												
19:30			BALANCE	F			BOOTCAMP(30m)	P						
19:30			RPM	R										
19:45	FLYOGA	F	CXWORX (30m)	P	PILATES	F	FLYOGA	F	RPM	R				
20:00	SPINNING	R	JAM (45m)	M	MOBILITY (30m)	P	GAP (45m)	M	CROSSPHIVE	P				
20:00							RPM	R						
20:15	CROSSPHIVE	P			BODYCOMBAT	M	BODYPUMP	P						
20:15					RPM	R								
20:30	GAP	M	TRX (45m)	P	CROSSPHIVE	P								
21:00	YOGA	F			BALANCE	F								