

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
ESTÚDIO 1	08:30	PILATES 60M	PILATES 60M		YOGA 60M	YOGA 60M	
	09:00			PILATES 60M			
	09:30	YOGA 60M	BODY VIVE 60M		BODY VIVE 30M	PILATES 60M	09:30 BODY BALANCE 60M
	10:00			CXWORX 30M			
	10:30	ZUMBA 60M		BODY BALANCE 60M			10:30 YOGUITOS 60M
	11:00			BODY JAM 60M	BODY COMBAT 45M		
	11:30		BODY PUMP 60M	POWER JUMP 60M			10:45 BODY PUMP 60M
	12:00	GAP 30M				CXWORX 30M	11:30 CXWORX 30M
	17:30	CXWORX 30M					12:00 PHIIT 30M
	17:45					KANGOO PHIVE 45M	17:00 ZUMBA 60M
	18:00	GAP 60M	KANGOO PHIVE 60M	PHIIT 30M	POWER JUMP 45M		18:00 KANGOO PHIVE 60M
	18:30			BODY PUMP 60M		CXWORX 30M	
	18:45				GAP 60M		
	19:00	POWER JUMP 60M	BODY JAM 60M				
	19:15					BODY PUMP 45M	
	19:30			CXWORX 30M			
	19:45				BODY COMBAT 45M		
	20:00	BODY PUMP 60M	BODY COMBAT 60M	ZUMBA 60M		BODY JAM 45M	
20:30				CXWORX 30M			
21:00	ZUMBA 60M	BODY BALANCE 60M	PILATES 60M	BODY BALANCE 60M			
ESTÚDIO 2	10:30		SPINNING 60M		SPINNING 60M		10:30 SPINNING 60M
	18:15		SPINNING 60M				12:00 SPINNING 60M
	18:30	SPINNING 60M	SPINNING 60M		SPINNING 60M	SPINNING 60M	18:30 SPINNING 60M
	19:15			SPINNING 60M			
	19:30	SPINNING 60M	SPINNING 60M		SPINNING 60M	SPINNING 60M	
PISCINA	10:30	HIDRO GINÁSTICA 60M	HIDRO GINÁSTICA 60M	HIDRO BIKE 60M	HIDRO GINÁSTICA 60M	HIDRO BIKE 60M	10:20 ESTRELAS DO MAR 30M
	18:00	NATAÇÃO 40M	HIDRO BIKE 60M	NATAÇÃO 40M		NATAÇÃO 40M	11:00 ESTRELAS DO MAR 30M
	18:40	NATAÇÃO 40M	HIDRO BIKE 60M	NATAÇÃO 40M	HIDRO BIKE 60M	NATAÇÃO 40M	11:40 NATAÇÃO 40M
	19:30	HIDRO GINÁSTICA 60M	HIDRO GINÁSTICA 60M	HIDRO BIKE 60M	HIDRO HIIT 60M		17:30 HIDRO GINÁSTICA 60M