

| HORAS | SEGUNDA       | ESTÚDIO | TERÇA          | ESTÚDIO | QUARTA        | ESTÚDIO | QUINTA         | ESTÚDIO | SEXTA        | ESTÚDIO | SÁBADO         | ESTÚDIO | DOMINGO      | ESTÚDIO |
|-------|---------------|---------|----------------|---------|---------------|---------|----------------|---------|--------------|---------|----------------|---------|--------------|---------|
| 07:15 | BOOTCAMP      | P       | FLYOGA         | F       | CXWORX 30M    | P       | CROSSPHIVE     | P       | RPM          | R       |                |         |              |         |
| 09:15 | PILATES       | F       |                |         |               |         |                |         |              |         |                |         |              |         |
| 09:30 |               |         | BALANCE        | F       | PILATES       | F       | BALANCE 45M    | F       | YOGA         | F       | BALANCE 45M    | F       |              |         |
| 10:00 | CROSSPHIVE    | P       |                |         |               |         |                |         |              |         |                |         |              |         |
| 10:15 | POWERJUMP 45M | M       |                |         |               |         | FLYOGA         | F       |              |         |                |         |              |         |
| 10:30 |               |         |                |         | RPM 45M       | R       |                |         |              |         |                |         | RPM          | R       |
| 10:30 |               |         |                |         |               |         |                |         |              |         |                |         | BOOTCAMP 45M | P       |
| 10:45 |               |         |                |         |               |         |                |         |              |         | CROSSPHIVE     | P       |              |         |
| 11:00 |               |         | CXWORX 30M     | P       |               |         |                |         | CROSSPHIVE   | P       | BODYATTACK 45M | M       |              |         |
| 11:15 | SPINNING      | R       |                |         |               |         |                |         |              |         |                |         |              |         |
| 11:30 |               |         | BODYATTACK 45M | M       | TRX 30M       | P       | BODYPUMP 45M   | P       |              |         |                |         | CXWORX 30M   | P       |
| 12:00 |               |         |                |         |               |         |                |         |              |         | BODYPUMP       | P       |              |         |
| 12:30 |               |         | CROSSPHIVE     | P       | GAP 45M       | M       | CROSSPHIVE     | P       | BOOTCAMP 45M | P       |                |         |              |         |
| 16:30 |               |         | BOOTCAMP 45M   | P       |               |         | GAP 45M        | M       |              |         |                |         |              |         |
| 17:15 |               |         |                |         | CROSSPHIVE    | P       |                |         |              |         |                |         |              |         |
| 17:45 | BOOTCAMP 30M  | P       | GAP 45M        | M       |               |         |                |         | BALLET       | F       | BODYCOMBAT 45M | M       |              |         |
| 18:00 |               |         | BODYPUMP 45M   | P       |               |         |                |         | GAP 30M      | M       |                |         |              |         |
| 18:00 |               |         | GYM KIDS       | F       |               |         |                |         |              |         |                |         |              |         |
| 18:15 | BODYATTACK    | M       |                |         | GAP 45M       | M       | TRX 30M        | P       |              |         |                |         |              |         |
| 18:15 |               |         |                |         |               |         | BODYCOMBAT 45M | M       |              |         |                |         |              |         |
| 18:20 | CXWORX 30M    | P       |                |         |               |         |                |         |              |         |                |         |              |         |
| 18:30 | RPM           | R       | POWERJUMP 45M  | M       | SPINNING      | R       | PILATES        | F       | CXWORX 30M   | P       | SPINNING       | R       |              |         |
| 18:45 |               |         | BALANCE        | F       | YOGA          | F       | RPM            | R       | FLYOGA       | F       |                |         |              |         |
| 18:45 |               |         |                |         | CXWORX 30M    | P       |                |         |              |         |                |         |              |         |
| 19:00 | FLYOGA        | F       | PHIT 30M       | P       |               |         | POWERJUMP 45M  | M       | ZUMBA        | M       |                |         |              |         |
| 19:00 | BODYPUMP      | P       |                |         |               |         |                |         | CROSSPHIVE   | P       |                |         |              |         |
| 19:15 | BODYCOMBAT    | M       | RPM            | R       | BOOTCAMP      | P       | PHIT 30M       | P       |              |         |                |         |              |         |
| 19:15 |               |         | ZUMBA 60M      | M       | BODYATTACK    | M       |                |         |              |         |                |         |              |         |
| 19:30 |               |         | PILATES        | F       |               |         | BALANCE        | F       |              |         |                |         |              |         |
| 19:45 |               |         | CXWORX 30M     | P       | FLYOGA        | F       |                |         | RPM          | R       |                |         |              |         |
| 20:00 | SPINNING      | R       |                |         |               |         | RPM            | R       | BOOTCAMP 45M | P       |                |         |              |         |
| 20:00 | YOGA          | F       |                |         |               |         | BODYPUMP 45M   | P       |              |         |                |         |              |         |
| 20:00 |               |         |                |         |               |         | BODYATTACK 45M | M       |              |         |                |         |              |         |
| 20:15 | CROSSPHIVE    | P       | TRX 45M        | P       | POWERJUMP 45M | M       |                |         |              |         |                |         |              |         |
| 20:15 | GAP           | M       | BODYCOMBAT 45M | M       |               |         |                |         |              |         |                |         |              |         |
| 20:30 |               |         |                |         | CROSSPHIVE    | P       |                |         |              |         |                |         |              |         |