

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