

HORAS	SEGUNDA	ESTÚDIO	TERÇA	ESTÚDIO	QUARTA	ESTÚDIO	QUINTA	ESTÚDIO	SEXTA	ESTÚDIO	SÁBADO	ESTÚDIO	DOMINGO	ESTÚDIO
07:15	BOOTCAMP (60m)	P		P	CXWORX (30m)	P	FLYOGA (60m)	F	RPM (60m)	R				
09:00	PILATES (60m)	F												
09:30				F	PILATES (60m)	F	BODYBALANCE (60m)	F	YOGA (60m)	F	BODYBALANCE (60m)	F		
10:00	CROSSPHIVE (60m)	P												
10:15	ZUMBA (45m)	M	FLYOGA (60m)	F										
10:30					RPM (60m)	R	TRX (45m)	P					RPM (60m)	R
11:00									CROSSPHIVE (60m)	P	BODYATTACK (60m)	M		
11:15	SPINNING (60m)	R					BODYATTACK (30m)	M						
11:30			BODYCOMBAT (30m)	M	BODYPUMP (45m)	P							CXWORX (30m)	P
12:00							CXWORX (30m)	P			BODYPUMP (45m)	P		
12:30			CROSSPHIVE (60m)	P					GAP (45m)	M				
12:45							BOOTCAMP (45m)	P						
16:30			BOOTCAMP (60m)	P										
18:00	RPM (60m)	R	BODYPUMP (60m)	P			BODYATTACK (45m)	M						
18:15					GAP (60m)	M			CXWORX (30m)	P				
18:30	BOOTCAMP (60m)	P	BODYATTACK (60m)	M	FLYOGA (60m)	F	BODYBALANCE (60m)	F						
18:45	BODYCOMBAT (60m)	M			SPINNING (60m)	R	RPM (60m)	R			BOOTCAMP (45m)	P		
18:45							CXWORX (30m)	P						
19:00	FLYOGA (60m)	F	CXWORX (30m)	P	BOOTCAMP (60m)	P			BOOTCAMP (60m)	P				
19:00									FLYOGA (60m)	F				
19:00									ZUMBA (45m)	M				
19:15			RPM (60m)	R					RPM (60m)	R				
19:30			BODYJAM (45m)	M	ZUMBA (60m)	M	BODYCOMBAT (60m)	M						
19:30			BODYBALANCE (60m)	F	PILATES (60m)	F								
19:45			TRX (45m)	P					CROSSPHIVE (60m)	P				
20:00	SPINNING (60m)	R			CROSSPHIVE (60m)	P	BODYPUMP (60m)	P						
20:00	CROSSPHIVE (60m)	P												
20:15	GAP (60m)	M												
20:30	YOGA (60m)	F												