

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				
09:15	PILATES	F												
09:30			BALANCE 45M	F	PILATES	F	BALANCE	F	YOGA	F	BALANCE 45M	F		
10:00	CROSSPHIVE	P												
10:15	POWERJUMP 45M	M	FLYOGA	F	TRX 30M	P								
10:30							RPM 45M	R					RPM	R
10:30													BOOTCAMP 45M	P
10:45											CROSSPHIVE	P		
11:00									CROSSPHIVE	P	BODYATTACK 45M	M		
11:15	SPINNING	R			CXWORX 30M	P								
11:30			BODYATTACK 45M	M			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						
17:30					CROSSPHIVE	P								
17:45	BOOTCAMP 30M	P							BALLET	F				
18:00			BODYPUMP 45M	P	BODYCOMBAT 45M	M	TRX 30M	P	GAP 30M	M	BOOTCAMP 30M	P		
18:00			GYM KIDS	F										
18:15	BODYCOMBAT 45M	M	GAP 45M	M			BODYATTACK 45M	M						
18:30	RPM	R			SPINNING	R	PILATES	F	CXWORX 30M	P				
18:30	CXWORX 30M	P												
18:45			BALANCE	F	YOGA	F	RPM	R	FLYOGA	F	SPINNING 45M	R		
18:45					CXWORX 30M	P	PHIIT 30M	P						
18:45					ZUMBA 45M	M								
19:00	FLYOGA	F	PHIIT 30M	P			POWERJUMP 45M	M	ZUMBA	M				
19:00									CROSSPHIVE	P				
19:15	BODYATTACK	M	RPM	R	BOOTCAMP	P								
19:15	BODYPUMP	P												
19:30			POWERJUMP 45M	M	GAP 45M	M	BALANCE	F						
19:30														
19:45			PILATES	F	FLYOGA	F	BODYCOMBAT	M	RPM	R				
20:00	SPINNING	R					RPM	R	BOOTCAMP 45M	P				
20:00	YOGA	F					BODYPUMP 45M	P						
20:15	CROSSPHIVE	P	TRX 45M	P	CROSSPHIVE	P								
20:15	GAP	M	BODYCOMBAT 30M	M	BODYATTACK 45M	M								