

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