

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