

HORAS	SEGUNDA	ESTÚDIO	TERÇA	ESTÚDIO	QUARTA	ESTÚDIO	QUINTA	ESTÚDIO	SEXTA	ESTÚDIO	SÁBADO	ESTÚDIO	DOMINGO	ESTÚDIO
07:15	BOOTCAMP 45M	P			CX 30M	P	CROSSPHIVE	P	RIDE 45M	EXT				
09:00							YOGA 45M	F						
09:30	YOGA 60M	F	BALANCE 45M	M	PILATES 45M	F	BALANCE 45M	M	YOGA 45M	F	BALANCE 45M	F		
10:00	CROSSPHIVE	P	FLYOGA	F										
10:15											CROSSPHIVE	P	RIDE 45M	R
10:30					SPINNING 45M	R			FLYOGA	F				
11:00							ATTACK 30M	M	CROSSPHIVE	P	ATTACK 30M	M		
11:15			PUMP 45M	P										
11:30													BOOTCAMP 30M	P
12:00											PUMP 45M	P		
12:30	BOOTCAMP 30M	P	CROSSPHIVE	P	GAP 45M	M	CROSSPHIVE	P	BOOTCAMP 30M	P				
17:45	GAP 45M	M	TRX 45M	P	LOCAL STEP 45M	M								
17:45					BOOTCAMP 30M	P								
18:00			JUMP 30M				COMBAT 30M	M	LOCAL STEP 45M	M				
18:00			MOBILITY 30M	F										
18:15	PUMP 45M	P	BOOTCAMP 45M	EXT	RIDE 45M	EXT					BOOTCAMP 45M	P		
18:30	COMBAT 45M	M	CX 30M	P	YOGA 45M	F	MOBILITY 30M	F	FLYOGA	F				
18:30	SPINNING 45M	EXT	BALANCE 45M	F			RIDE 30M	EXT	CROSSPHIVE	P				
18:40							PUMP 30M	P						
18:45			GAP 30M	M	ZUMBA 30M	M	GAP 30M	M	ABS&CARDIO 30M	EXT				
19:00	YOGA 45M	F			ABS&CARDIO 30M	P			ATTACK 45M	M				
19:15	ABS&CARDIO 30M	P	RIDE 45M	R			CX 30M	P						
19:15			ABS&CARDIO 30M	EXT	BOOTCAMP 45M	EXT								
19:20	ATTACK 45M	M					LOCALIZADA 30M	M						
19:20							RIDE 30M	EXT	RIDE 45M	EXT				
19:30	RIDE 45M	EXT	PILATES 45M	F	FLYOGA	F	BALANCE 45M	F						
19:30			PHIIT 30M	P										
19:45			LOCALIZADA 45M	M	RIDE 30M	R								
19:45					PHIIT 30M	P								
20:00	FLYOGA	F	PUMP 45M	P	GAP 45M	M	JUMP 45M	M	BOOTCAMP 30M	P				
20:00							TRX 45M	P						
20:15	CROSSPHIVE	P												
20:15	RIDE 30M	R												
20:30					CROSSPHIVE	P								