

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 TERAPIA 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												
10:15											CROSSPHIVE	P	RIDE 45M	R
10:30					SPINNING 45M	R			FLYOGA	F				
10:45			FLYOGA	F										
11:00	ABS & CARDIO 45M	M					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				
12:30					MOBILITY 30M	F								
16:30	BOOTCAMP 30M	P												
17:00			ABS & CARDIO 30M	P										
17:15							PUMP 45M	P						
17:30	GAP 45M	M			SPINNING 45M	R								
17:45			TRX 45M	P										
18:00	BALANCE 45M	F	JUMP 30M	M	BOOTCAMP 30M	P	COMBAT 30M	M	LOCAL STEP 45M	M				
18:00			MOBILITY 30M	F	RIDE 45M	EXT	RIDE 45M	EXT	ABS & CARDIO 30M	EXT				
18:15	PUMP 45M	P	BOOTCAMP 45M	EXT	LOCAL STEP 45M	M	BOOTCAMP 45M	P			BOOTCAMP 45M	P		
18:15	COMBAT 45M	M												
18:15	SPINNING 45M	EXT												
18:30			CX 30M	P	YOGA 45M	F	MOBILITY 30M	F	FLYOGA	F				
18:30			BALANCE 45M	F					CROSSPHIVE	P				
18:40			GAP 30M	M	ABS & CARDIO 30M	P								
18:45							GAP 30M	M						
19:00	YOGA 45M	F			ZUMBA 45M	M			ATTACK 45M	M				
19:00									RIDE 45M	EXT				
19:10	RIDE 30M	EXT	ABS & CARDIO 30M	EXT	BOOTCAMP 45M	EXT	RIDE 30M	EXT						
19:15	ABS & CARDIO 30M	P	RIDE 45M	R			CX 30M	P						
19:20	ATTACK 45M	M	PHIIT 30M	M			LOCALIZADA 30M	M						
19:30			PILATES 45M	F	FLYOGA	F	BALANCE 45M	F						
19:30					RIDE 30M	R								
19:45			LOCALIZADA 45M	M										
19:50					PHIIT 30M	P								
20:00	FLYOGA	F	PUMP 45M	P	GAP 45M	M	JUMP 45M	M	BOOTCAMP 30M	P				
20:00	CROSSPHIVE	P					TRX 45M	P	ZUMBA 45M	M				
20:15	RIDE 30M	R												
20:30	GAP 30M	M			CROSSPHIVE	P								
20:30					BALANCE 45M	F								
20:45			GAP 30M	M			ABS & CARDIO 30M	P						