

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