

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			MOBILITY 30M	F	PILATES 45M	F	BODY BALANCE 45M	F	YOGA 45M	F	BODY BALANCE 45M	F		
09:45													RPM 45M	R
10:00	CROSSPHIVE	P												
10:15			FLYOGA	F			BOOTCAMP 45M	P			CROSSPHIVE	P		
10:30			SPINNING 45M	R			FLYOGA	F			SPINNING 45M	R		
11:00									CROSSPHIVE	P	POWER JUMP 45M	M		
11:15					BODY PUMP 45M	P								
11:30	ABS & CARDIO 30M	P											BOOTCAMP 45M	P
12:00											BODY PUMP 45M	P		
12:30	GAP 45M	M	CROSSPHIVE	P	BOOTCAMP 45M	P	CROSSPHIVE	P	ABS & CARDIO 30M	P				
17:30	BOOTCAMP 45M	EXT												
18:00	BODY PUMP 45M	P	LOCALIZADA 45M	M	RPM 45M	R	GAP 45M	M	LOCAL STEP 45M	M				
18:15			CX WORX 30M	P	LOCAL STEP 45M	M	TRX 45M	P	BOOTCAMP 45M	P				
18:15					YOGA 45M	F								
18:15					BOOTCAMP 45M	EXT								
18:30	SPINNING 45M	R	BODY BALANCE 45M	F			MOBILITY 30M	F	FLYOGA	F				
18:30							RPM 45M	R						
18:45			BODY ATTACK 45M	M										
19:00	YOGA 45M	F	RPM 45M	R	FLYOGA	F	BODY COMBAT 45M	M	BODY ATTACK 45M	M				
19:00					BODY PUMP 45M	P								
19:15	ABS & CARDIO 30M	P	BOOTCAMP 30M	P	ZUMBA 45M	M	BOOTCAMP 45M	P						
19:15	BODY COMBAT 45M	M												
19:30			PILATES 45M	F					CROSSPHIVE	P				
19:30			POWER JUMP 45M	M										
19:45					SPINNING 45M	R			RPM 45M	R				
20:00	FLYOGA	F			GAP 45M	M	LOCALIZADA 45M	M						
20:00	RPM 45M	R			CROSSPHIVE	P								
20:00	CROSSPHIVE	P												
20:15			GAP 45M	M			BODY PUMP 45M	P						

**POWER | MOVES | RIDE | FLOW | EXTERIOR**

ATTIV & ZOOM ONLINE							
HORAS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
9:30	YOGA 60M		MOBILIDADE 30M		PILATES 60M		
18:00						ABS & CARDIO 30M	
19:15	GAP 30M	ZUMBA 30M	COMBAT 30M	HIIT 30M	LOCALIZADA 30M		