

HORAS	SEGUNDA	ESTÚDIO	TERÇA	ESTÚDIO	QUARTA	ESTÚDIO	QUINTA	ESTÚDIO	SEXTA	ESTÚDIO	SÁBADO	ESTÚDIO	DOMINGO	ESTÚDIO
07:15	BOOTCAMP 45M	P			CORE 30M	P			RPM 45M	R				
09:15											BOOTCAMP 45M	P		
09:30			MOBILITY 30M	F	PILATES 45M	F	BODY BALANCE 45M	F	YOGA 45M	F				
09:45													RPM 45M	R
10:15	CROSSPHIVE	P	FLYOGA	F							CROSSPHIVE	P		
10:30			SPINNING	R										
11:00									CROSSPHIVE	P	POWER JUMP 45M	M		
11:15					BODY PUMP 45M	P								
11:30													BOOTCAMP 45M	P
12:00											BODY PUMP 45M	P		
12:30	GAP 45M	M	CROSSPHIVE	P	BOOTCAMP 45M	P	CROSSPHIVE	P	ABS & CARDIO 30M	M				

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

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

ATTIV & ZOOM ONLINE							
HORAS	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
9:30	YOGA 45M		MOBILIDADE 30M		PILATES 45M		