

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