

| 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 | BODY ATTACK 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 | | | | | POWER JUMP 45M | M | | | | |
| 19:00 | YOGA 45M | F | | | ZUMBA 45M | M | BODY PUMP | P | | | | | | |
| 19:00 | | | | | | | PILATES 60M | F | | | | | | |
| 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 | | | | | | |