



SEGUNDA A SEXTA
7H – 22H

SÁBADOS
9H – 14H | 16H – 20H

DOMINGOS/FERIADOS
9H – 13H

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

POWER

MOVES

RIDE

FLOW

EXTERIOR