

# P

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       | BODY BALANCE 45M   | F       | BODY PUMP 45M    | P       | CROSSPHIVE 45M     | P       | RPM 45M       | R       |                  |         |              |         |
| 08:45 |                  |         | PILATES 45M        | F       |                  |         |                    |         |               |         |                  |         |              |         |
| 09:00 |                  |         |                    |         |                  |         | MOBILITY 30M       | F       |               |         |                  |         |              |         |
| 09:30 | YOGA 45M         | F       | MOBILITY 30M       | F       | PILATES 45M      | F       | BODY BALANCE       | F       | YOGA 45M      | F       | BODY BALANCE 45M | F       |              |         |
| 10:00 |                  |         |                    |         |                  |         |                    |         |               |         | CROSSPHIVE       | P       |              |         |
| 10:15 |                  |         | FLYOGA             | F       | SPINNING         | R       |                    |         |               |         |                  |         | SPINNING     | R       |
| 10:30 |                  |         |                    |         | YOGA 45M         | F       |                    |         |               |         |                  |         |              |         |
| 10:45 |                  |         |                    |         |                  |         |                    |         |               |         | BODY ATTACK 45M  | M       |              |         |
| 11:00 | CROSSPHIVE       | P       | LES MILLS CORE 30M | P       | CROSSPHIVE       | P       | BODY PUMP 45M      | P       | CROSSPHIVE    | P       |                  |         |              |         |
| 11:30 |                  |         |                    |         |                  |         |                    |         |               |         |                  |         | BOOTCAMP 45M | P       |
| 12:00 |                  |         |                    |         |                  |         |                    |         |               |         | BODY PUMP        | P       |              |         |
| 12:30 | BODY PUMP 45M    | P       | CROSSPHIVE         | P       | GAP 45M          | M       | CROSSPHIVE         | P       | BOOTCAMP 45M  | P       |                  |         |              |         |
| 12:30 |                  |         | RPM 45M            | R       |                  |         | FLYOGA 45M         | F       |               |         |                  |         |              |         |
| 17:00 | GAP 45M          | M       | BOOTCAMP 45M       | P       |                  |         |                    |         |               |         |                  |         |              |         |
| 17:45 |                  |         |                    |         |                  |         | TRX 30M            | P       |               |         |                  |         |              |         |
| 18:00 | BODY STEP 45M    | P       | BODY PUMP 45M      | P       | BOOTCAMP 45M     | P       | GAP 45M            | M       |               |         | BOXECAMP 45M     | P       |              |         |
| 18:00 |                  |         | GAP 45M            | M       |                  |         |                    |         |               |         |                  |         |              |         |
| 18:15 | PILATES 45M      | F       | RPM 45M            | R       | SPINNING         | R       | MOBILITY 30M       | M       | GAP 30M       | M       |                  |         |              |         |
| 18:15 | SPINNING         | R       |                    |         |                  |         |                    |         | YOGA          | F       |                  |         |              |         |
| 18:15 | BODY COMBAT 45M  | M       |                    |         |                  |         |                    |         |               |         |                  |         |              |         |
| 18:20 |                  |         |                    |         |                  |         | LES MILLS CORE 30M | P       |               |         |                  |         |              |         |
| 18:30 |                  |         |                    |         | FLYOGA           | F       |                    |         | BODY STEP 45M | P       |                  |         |              |         |
| 18:30 |                  |         |                    |         | GAP 45M          | M       |                    |         |               |         |                  |         |              |         |
| 18:45 |                  |         | PILATES 45M        | F       |                  |         |                    |         |               |         |                  |         |              |         |
| 18:50 |                  |         | LES MILLS CORE 30M | P       |                  |         | BODY COMBAT 45M    | M       |               |         |                  |         |              |         |
| 18:50 |                  |         | POWER JUMP 45M     | M       |                  |         |                    |         |               |         |                  |         |              |         |
| 19:00 | FLYOGA           | F       |                    |         | BODY PUMP        | P       | PILATES 45M        | F       | RPM 45M       | R       |                  |         |              |         |
| 19:00 | BODY PUMP 45M    | P       |                    |         |                  |         | BOOTCAMP 45M       | P       |               |         |                  |         |              |         |
| 19:10 | BODY ATTACK 45M  | M       |                    |         |                  |         | SPINNING           | R       | ZUMBA 45M     | M       |                  |         |              |         |
| 19:15 |                  |         |                    |         | RPM 45M          | R       |                    |         | FLYOGA 45M    | F       |                  |         |              |         |
| 19:20 |                  |         |                    |         | BODY ATTACK 45M  | M       |                    |         |               |         |                  |         |              |         |
| 19:30 |                  |         | YOGA               | F       |                  |         |                    |         |               |         |                  |         |              |         |
| 19:30 |                  |         | SPINNING           | R       |                  |         |                    |         |               |         |                  |         |              |         |
| 19:30 |                  |         | TRX 30M            | P       |                  |         |                    |         |               |         |                  |         |              |         |
| 19:40 |                  |         |                    |         |                  |         |                    |         | BOOTCAMP 45M  | P       |                  |         |              |         |
| 19:45 | RPM 45M          | R       | ZUMBA 45M          | M       | BODY BALANCE 45M | F       | YOGA               | F       |               |         |                  |         |              |         |
| 19:45 |                  |         |                    |         |                  |         | POWER JUMP 45M     | M       |               |         |                  |         |              |         |
| 20:00 | BODY BALANCE 45M | F       |                    |         |                  |         |                    |         |               |         |                  |         |              |         |
| 20:10 |                  |         |                    |         |                  |         | BODY PUMP          | P       |               |         |                  |         |              |         |
| 20:15 | CROSSPHIVE       | P       | BOXECAMP 45M       | P       | CROSSPHIVE       | P       |                    |         |               |         |                  |         |              |         |
| 20:15 | GAP 45M          | M       |                    |         |                  |         |                    |         |               |         |                  |         |              |         |

POWER

MOVES

RIDE

FLOW

EXTERIOR