

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	SPINNING	R
10:00											CROSSPHIVE	P		
10:15			FLYOGA	F										
10:30					YOGA 45M	F							SPINNING	R
11:00	CROSSPHIVE	P	LES MILLS CORE 30M	P	CROSSPHIVE	P	BODY PUMP 45M	P	CROSSPHIVE	P	RPM 45M	R		
11:00					RPM 45M	R								
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			BOXECAMP 45M	P						
17:50							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												
18:25							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			POWER JUMP 45M	M										
18:55							BODY COMBAT 45M	M						
19:00	FLYOGA	F	LES MILLS CORE 30M	P	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										
19:40			TRX 30M	P					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												
20:15	CROSSPHIVE	P	BOXECAMP 45M	P	CROSSPHIVE	P	BODY PUMP	P						
20:15	GAP 45M	M												

POWER

MOVES

RIDE

FLOW

EXTERIOR