

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				
08:30			PILATES 45M	F										
08:45							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	SPINNING	R
10:05			FLYOGA 45M	F										
10:15													BOOTCAMP 45M	P
10:30					YOGA 45M	F								
11:00	CROSSPHIVE	P			CROSSPHIVE	P	BODY PUMP 45M	P	CROSSPHIVE	P	RPM 45M	R		
11:15													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										
17:00			BOOTCAMP 45M	P										
18:00	BODY STEP 45M	P	BODY PUMP 45M	P	BOOTCAMP 45M	P								
18:00			GAP 45M	M										
18:15	PILATES 45M	F			SPINNING	R			GAP 45M	M				
18:15	SPINNING	R							YOGA	F				
18:15	BODY COMBAT 45M	M												
18:30			PILATES 45M	F	FLYOGA 60M	F	BODY STEP 45M	P	BODY PUMP 45M	P				
18:45					POWER JUMP 45M	M								
18:55			LES MILLS CORE 30M	P										
19:00	FLYOGA	F	BODY ATTACK 45M	M			PILATES 45M	F	RPM 45M	R				
19:00	BODY PUMP	P												
19:10	GAP 45M	M							ZUMBA 45M	M				
19:15	BOOTCAMP 45M	EXT			RPM 45M	R	BODY COMBAT 45M	M	FLYOGA 45M	F				
19:15					BODY PUMP 45M	P	SPINNING	R						
19:25							BOOTCAMP 45M	EXT						
19:30			YOGA	F			LES MILLS CORE 30M	P	BOOTCAMP 45M	P				
19:30			SPINNING	R										
19:45	RPM 45M	R			BODY BALANCE 45M	F	YOGA	F						
19:45					ZUMBA 45M	M								
20:00	BODY BALANCE 45M	F												
20:00	ZUMBA 45M	M												
20:15	CROSSPHIVE	P	BOXECAMP	P	CROSSPHIVE	P								

POWER

MOVES

RIDE

FLOW

EXTERIOR