

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	4 7:15 50'	4 7:15 50'	4 7:15 50'	4 7:15 50'	4 7:15 50'		
	VIRTUAL CORE	VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL GAP	VIRTUAL CYCLING		
	4 8:00 15'	4 8:00 15'	4 8:00 15'	4 8:00 15'	4 8:00 15'		
	ABDOMINAIS	GLUTEOS	ABDOMINAIS	CORE	ABDOMINAIS		
	2 8:30 50'	1 8:30 50'	3 8:30 50'	2 8:30 50'	1 8:30 50'	4 8:30 50'	
	UP CYCLING	TOTAL TRAINING	LES MILLS BODYATTACK	UP CYCLING	UP LOCAL	VIRTUAL CYCLING	
	4 9:00 15'	4 9:00 15'	4 9:00 15'	4 9:00 15'	4 9:00 15'	4 9:30 50'	4 9:30 50'
	GLUTEOS	ABDOMINAIS	CORE	ABDOMINAIS	GLUTEOS	VIRTUAL CORE	VIRTUAL GAP
	1 9:30 50'	4 9:30 50'	1 9:30 50'	4 9:30 50'	1 9:30 50'	3 10:20 50'	1 10:00 50'
	UP BALANCE	VIRTUAL GAP	UP PILATES	VIRTUAL CORE	UP YOGA	BALLET	ZUMBA
4 10:00 30'	4 10:00 30'	4 10:00 30'	4 10:00 30'	4 10:00 30'	1 10:00 50'	4 10:30 15'	
FIIT	FIIT	FIIT	FIIT	FIIT	LES MILLS BODYPUMP	GLUTEOS	
1 10:30 50'	1 10:30 50'	3 10:30 50'	1 10:30 50'	1 10:45 50'	4 10:30 15'	2 11:00 50'	
TOTAL TRAINING	LES MILLS BODYATTACK	XSS	ZUMBA	BUM BUM UP	ABDOMINAIS	UP CYCLING	
4 11:00 30'	4 11:00 30'	4 11:00 30'	4 11:00 30'	4 11:00 50'	2 11:00 50'	4 12:00 15'	
FIIT	FIIT	FIIT	FIIT	VIRTUAL CYCLING	UP CYCLING	ABDOMINAIS	
4 12:00 15'	4 12:00 15'	4 12:00 15'	4 12:00 15'	4 12:00 15'	4 12:00 15'		
ABDOMINAIS	GLUTEOS	ABDOMINAIS	CORE	ABDOMINAIS	GLUTEOS		
1 12:45 50'	2 12:45 50'	1 12:45 50'	2 12:45 50'	1 12:45 50'			
LES MILLS BODYPUMP	UP CYCLING	UP PILATES	UP CYCLING	CIRCUIT TRAINING			
4 13:00 50'	4 13:00 50'	4 13:00 50'	4 13:00 50'	4 13:00 50'	4 13:00 50'	4 13:00 50'	
VIRTUAL GAP	VIRTUAL CORE	VIRTUAL CYCLING	VIRTUAL GAP	VIRTUAL CORE	VIRTUAL GAP	VIRTUAL CYCLING	
TARDE	4 14:00 50'	4 14:00 50'	4 14:00 50'	4 14:00 50'	4 14:00 50'	4 14:00 50'	4 14:00 50'
	VIRTUAL CORE	VIRTUAL CYCLING	VIRTUAL GAP	VIRTUAL CORE	VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL GAP
	4 15:00 50'	4 15:00 50'	4 15:00 50'	4 15:00 50'	4 15:00 50'	3 14:30 50'	4 15:00 50'
	VIRTUAL CYCLING	VIRTUAL GAP	VIRTUAL CORE	VIRTUAL CYCLING	VIRTUAL GAP	HIP HOP KIDS	VIRTUAL CORE
	1 16:30 50'	4 16:30 15'	1 16:30 50'	4 16:30 15'	4 16:30 15'	4 15:00 50'	
	CIRCUIT TRAINING	ABDOMINAIS	UP LOCAL	GLUTEOS	ABDOMINAIS	VIRTUAL CYCLING	
	1 17:30 50'	1 17:30 50'	1 17:30 50'	1 17:30 50'	1 17:30 50'	3 15:30 50'	
	UP PILATES	UP LOCAL	BUM BUM UP	TOTAL TRAINING	UP BALANCE	HIP HOP	
	4 17:45 50'	4 18:00 50'	4 17:45 50'	3 18:00 50'	4 17:45 50'	2 18:00 50'	
	VIRTUAL GAP	KICK KIDS	VIRTUAL CYCLING	KICK KIDS	VIRTUAL GAP	UP CYCLING	
4 18:00 15'	3 18:00 50'	4 18:00 15'	4 18:00 15'	4 18:00 15'	4 18:00 15'	4 18:00 15'	
ABDOMINAIS	ZUMBA	GLUTEOS	CORE	ABDOMINAIS	ABDOMINAIS	GLUTEOS	
4 18:15 30'	4 18:15 30'	4 18:15 30'	4 18:15 30'	4 18:15 30'			
FIIT	FIIT	FIIT	FIIT	FIIT			
1 18:30 50'	1 18:30 50'	1 18:30 50'	1 18:30 50'	3 18:30 50'			
LES MILLS BODYPUMP	GAP	PERFECT SHAPE	LES MILLS BODYPUMP	LES MILLS BODYATTACK			
3 18:45 50'	2 18:45 50'	3 18:45 50'	2 18:45 50'	1 18:45 50'			
ZUMBA	UP CYCLING	UP PILATES	UP CYCLING	ZUMBA			
4 19:00 15'	3 19:00 50'	2 19:00 50'	3 19:00 50'	4 19:00 50'	4 19:00 50'	4 19:00 50'	
GLUTEOS	STRONG ZUMBA	UP CYCLING	XSS	VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL CYCLING	
4 19:15 30'	4 19:00 15'	4 19:00 15'	4 19:00 15'	4 19:00 15'			
FIIT	ABDOMINAIS	CORE	ABDOMINAIS	GLUTEOS			
1 19:30 50'	4 19:15 30'	4 19:15 30'	4 19:15 30'	4 19:15 30'			
LES MILLS BODYATTACK	FIIT	FIIT	FIIT	FIIT			
2 19:30 50'	1 19:30 50'	1 19:30 50'	1 19:30 50'	3 19:30 50'			
UP CYCLING	TOTAL TRAINING	LES MILLS BODYATTACK	LES MILLS BODYATTACK	UP PILATES			
3 19:45 50'	3 20:00 50'	3 19:45 50'	3 20:00 50'	1 19:45 50'			
PERFECT SHAPE	XSS	UP LOCAL	ZUMBA	LES MILLS BODYPUMP			
4 20:00 15'	4 20:00 15'	4 20:00 15'	4 20:00 15'	4 20:00 15'			
ABDOMINAIS	CORE	ABDOMINAIS	GLUTEOS	ABDOMINAIS			
4 20:15 30'	4 20:15 30'	4 20:15 30'	4 20:15 30'	4 20:15 30'			
FIIT	FIIT	FIIT	FIIT	FIIT			
1 20:30 50'	2 20:30 50'	1 20:30 50'	1 20:30 50'	4 21:30 50'			
UP PILATES	UP CYCLING	LES MILLS BODYPUMP	UP BALANCE	VIRTUAL CORE			
3 20:45 50'	3 21:00 50'	3 20:45 50'	2 20:30 50'				
KICKBOXING	UP YOGA	KICKBOXING	UP CYCLING				
4 21:30 50'	4 21:30 50'	4 21:30 50'	3 21:00 50'				
VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL GAP	KICKBOXING				
			4 21:30 50'				
			VIRTUAL CYCLING				