

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ		2 7:30 50' UP CYCLING		2 7:30 50' UP CYCLING			
	X 8:30 15' ABDOMINAIS	X 8:30 15' GLÚTEOS	X 8:30 15' ABDOMINAIS	X 8:30 15' GLÚTEOS	X 8:30 15' ABDOMINAIS		
	1 9:00 50' RECHARGE	2 9:00 50' UP CYCLING	1 9:00 50' UP LOCAL	1 9:00 45' SFXCORE	1 9:00 50' DUMBBELLS	1 10:00 60' ZUMBA	
	X 9:30 30' FIT	X 9:30 30' FIT	X 9:30 30' FIT	X 9:30 30' FIT	X 9:30 30' FIT	2 10:00 50' UP CYCLING	2 10:30 50' UP CYCLING
	1 10:00 50' UP LOCAL	1 10:00 50' UP PILATES	1 10:00 50' BODYJUMP	2 10:00 50' ZUMBA	2 10:00 50' UP CYCLING	1 11:00 50' DUMBBELLS	
	X 10:30 30' FIT	X 10:30 30' FIT	X 10:30 30' FIT	X 10:30 30' FIT	X 10:30 30' FIT		
	1 11:00 30' UP ABS	1 11:00 30' BUM BUM UP	1 11:00 30' SFXCORE	1 11:00 50' RECHARGE	X 12:15 15' GLÚTEOS		
	X 12:15 15' GLÚTEOS	X 12:15 15' ABDOMINAIS	X 12:15 15' GLÚTEOS	X 12:15 15' ABDOMINAIS	1 12:45 45' RECHARGE		
TARDE	1 12:45 45' UP GAP	2 12:45 45' VIRTUAL CYCLING	2 12:45 45' UP CYCLING	2 12:45 45' VIRTUAL CYCLING	2 14:00 45' VIRTUAL GAP		
	2 14:00 45' VIRTUAL CYCLING	2 14:00 45' VIRTUAL GAP	2 14:00 45' VIRTUAL CYCLING	2 14:00 45' VIRTUAL CORE	2 15:00 45' VIRTUAL CYCLING		
	2 15:00 45' VIRTUAL GAP	2 15:00 45' VIRTUAL CYCLING	2 15:00 45' VIRTUAL CORE	2 15:00 45' VIRTUAL GAP	2 16:00 45' VIRTUAL CORE		
	X 17:00 15' ABDOMINAIS	2 16:30 45' VIRTUAL CORE	2 16:30 45' VIRTUAL CYCLING	2 16:30 45' VIRTUAL CORE	X 17:00 15' ABDOMINAIS		
	1 17:30 50' UP LOCAL	X 17:00 15' GLÚTEOS	1 17:00 30' UP STEP - LOCAL	X 17:00 15' GLÚTEOS	1 17:30 50' UP CORE		
	X 18:00 30' FIT	2 17:30 50' UP CYCLING	1 17:30 50' UP PILATES	1 17:30 50' UP GAP	X 18:00 30' FIT		
NOITE	1 18:20 50' ZUMBA	X 18:00 30' FIT	X 18:00 30' FIT	X 18:00 30' FIT	X 18:30 15' GLÚTEOS		
	X 18:30 15' GLÚTEOS	X 18:30 15' ABDOMINAIS	2 18:30 50' UP CYCLING	1 18:30 45' SFXCORE	1 18:40 50' DUMBBELLS		
	2 18:30 30' UP GAP	1 18:30 50' BODYJUMP	X 18:30 15' GLÚTEOS	X 18:30 15' ABDOMINAIS	X 19:00 30' FIT		
	X 19:00 30' FIT	X 19:00 30' FIT	1 18:40 50' UP LOCAL	1 19:00 30' UP ABS	2 19:00 50' UP GAP		
	2 19:00 70' UP CYCLING	2 19:00 30' BUM BUM UP	X 19:00 30' FIT	X 19:00 30' FIT	X 19:30 15' ABDOMINAIS		
	X 19:30 15' ABDOMINAIS	X 19:30 15' GLÚTEOS	2 19:30 50' ZUMBA	X 19:30 15' GLÚTEOS	1 20:00 50' UP PILATES		
	1 19:30 50' LESMILLS BODYPUMP	1 19:30 45' SFXCORE	X 19:30 15' ABDOMINAIS	2 19:30 50' UP CYCLING	X 20:00 30' FIT		
	X 20:00 30' FIT	X 20:00 30' FIT	1 19:30 50' DUMBBELLS	1 19:30 50' LESMILLS BODYCOMBAT	2 20:30 50' UP CYCLING		
	1 20:30 50' LESMILLS BODYCOMBAT	2 20:30 50' UP CYCLING	X 20:00 30' FIT	X 20:00 30' FIT	X 20:30 15' GLÚTEOS		
	X 20:30 15' GLÚTEOS	X 20:30 15' ABDOMINAIS	2 20:40 50' UP GAP	1 20:30 50' LESMILLS BODYPUMP			
	2 20:40 30' BUM BUM UP	1 20:40 45' RECHARGE	1 20:30 50' BODYJUMP	X 20:30 15' ABDOMINAIS			