

| | SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA | SABÁDO | DOMINGO |
|-------|---|---|--|-------------------------------------|--|---|---------------------------------|
| MANHÃ | X 7:45 30' · FIT · | X 7:45 30' · FIT · | X 7:45 30' · FIT · | X 7:45 30' · FIT · | | | |
| | X 8:15 15' CORE | X 8:15 15' GAP | X 8:15 15' GLÚTEOS | X 8:15 15' ABDOMINAIS | | | |
| | 1 8:30 50' UP GAP | 2 8:30 45' LES MILLS BODYBALANCE | 3 8:30 50' UP CYCLING | 2 8:30 45' UP PILATES | X 8:15 15' GLÚTEOS | | |
| | X 9:15 15' ABDOMINAIS | X 9:15 15' CORE | X 9:15 15' GLÚTEOS | X 9:15 15' GAP | X 8:30 30' · FIT · | | |
| | 3 9:30 45' UP CYCLING | X 9:30 30' · FIT · | 1 9:30 45' UP GAP | X 9:30 30' · FIT · | 2 9:30 45' UP YOGA | X 9:15 15' ABDOMINAIS | |
| | 1 10:30 45' ZUMBA | 2 10:30 45' UP PILATES | 1 10:30 45' LES MILLS BODYPUMP | 1 10:30 45' UP LOCAL | 3 10:30 45' UP CYCLING | 1 10:00 50' FIT KIDS | |
| | X 11:00 15' CORE | X 11:00 15' GAP | X 11:00 15' ALONGAMENTOS | X 11:00 15' ABDOMINAIS | X 11:00 15' GLÚTEOS | 2 10:00 50' ZUMBA | |
| | X 11:15 30' · FIT · | X 11:15 30' · FIT · | X 11:15 30' · FIT · | X 11:15 30' · FIT · | X 11:15 30' · FIT · | 1 11:00 50' LES MILLS BODYPUMP | 3 11:00 50' UP CYCLING |
| | X 12:15 15' GAP | X 12:15 15' CORE | X 12:15 15' ABDOMINAIS | X 12:15 15' GLÚTEOS | X 12:15 15' ABDOMINAIS | 3 11:00 50' UP CYCLING | |
| | 3 12:45 45' UP CYCLING | 1 12:45 45' UP LOCAL | 3 12:45 45' UP CYCLING | 1 12:45 45' UP FUNCIONAL | 1 12:45 45' UP PILATES | X 12:15 15' ABDOMINAIS | |
| TARDE | X 14:30 15' CORE | X 14:30 15' GAP | X 14:30 15' GLÚTEOS | X 14:30 15' ABDOMINAIS | X 14:30 15' GLÚTEOS | X 14:30 15' CORE | |
| | X 15:30 15' GAP | X 15:30 15' ABDOMINAIS | X 15:30 15' GAP | X 15:30 15' GLÚTEOS | X 15:30 15' GAP | X 15:30 15' GLÚTEOS | |
| | X 16:30 15' ABDOMINAIS | X 16:30 15' CORE | X 16:30 15' ABDOMINAIS | X 16:30 15' GAP | X 16:30 15' ABDOMINAIS | X 16:30 15' GAP | |
| | X 17:00 30' · FIT · | X 17:00 45' VIRTUAL GAP | X 17:00 30' · FIT · | X 17:00 45' VIRTUAL CORE | X 17:00 30' · FIT · | 3 17:00 50' UP CYCLING | |
| | 1 17:30 45' UP GAP | 1 17:30 45' UP FUNCIONAL | 2 17:30 45' UP PILATES | 3 17:30 50' UP CYCLING | 1 17:30 45' LES MILLS BODYPUMP | X 18:00 15' ABDOMINAIS | |
| | X 17:45 15' CORE | X 17:45 15' GLÚTEOS | X 17:45 15' GAP | X 17:45 15' ABDOMINAIS | X 17:45 15' GLÚTEOS | | |
| | X 18:15 30' · FIT · | X 18:15 30' · FIT · | X 18:15 30' · FIT · | X 18:15 30' · FIT · | X 18:15 30' · FIT · | | |
| NOITE | 2 18:30 45' BODYJUMP | 3 18:30 45' UP CYCLING | 2 18:30 45' ZUMBA | 3 18:30 45' UP CYCLING | 1 18:30 50' UP GAP | | |
| | 1 18:40 45' UP LOCAL | 2 18:30 45' FIT KIDS | 1 18:40 50' LES MILLS BODYPUMP | 2 18:30 50' UP PILATES | 3 18:40 50' UP CYCLING | | |
| | X 18:45 15' ABDOMINAIS | 1 18:30 45' UP GAP | X 18:45 15' GLÚTEOS | 1 18:40 45' TOTAL TRAINING | X 18:45 30' ABDOMINAIS | | |
| | X 19:15 30' · FIT · | X 18:45 15' CORE | X 19:15 30' · FIT · | X 18:45 15' GAP | X 19:15 30' · FIT · | | |
| | 3 19:30 50' UP CYCLING | X 19:15 30' · FIT · | 3 19:30 50' UP CYCLING | X 19:15 30' · FIT · | 2 19:30 50' LES MILLS BODYBALANCE | | |
| | 2 19:30 45' ZUMBA | 1 19:30 45' UP STEP | 2 19:30 50' LES MILLS BODYBALANCE | 1 19:30 45' DUMBBELLS | X 19:45 15' GAP | | |
| | 1 19:30 50' LES MILLS BODYPUMP | 2 19:30 50' UP PILATES | 1 19:40 45' CROSS UP | 2 19:30 45' BODYJUMP | X 20:15 30' · FIT · | | |
| | X 19:45 15' GLÚTEOS | X 19:45 15' CORE | X 19:45 15' GLÚTEOS | X 19:45 15' ABDOMINAIS | X 20:45 15' ABDOMINAIS | | |
| | X 20:15 30' · FIT · | X 20:15 30' · FIT · | X 20:15 30' · FIT · | X 20:15 30' · FIT · | | | |
| | 3 20:30 50' UP CYCLING | 2 20:30 45' COMBAT | 2 20:30 50' UP YOGA | 1 20:30 60' UP BOXING | | | |
| | 1 20:30 50' UP PILATES | 1 20:30 60' UP BOXING | X 20:45 15' GAP | 3 20:30 50' UP CYCLING | | | |
| | X 20:45 15' GLÚTEOS | X 20:45 15' ABDOMINAIS | | X 20:45 15' GLÚTEOS | | | |