

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	4 7:15 50' VIRTUAL CYCLING	2 7:15 50' VIRTUAL GAP	2 7:15 50' VIRTUAL CORE	2 7:15 50' VIRTUAL GAP	4 7:15 50' VIRTUAL CYCLING		
	1 7:30 50' UP CHALLENGE	4 8:15 50' UP CYCLING	3 8:00 30' · FIIT ·	3 8:30 15' XPRESS CIRCUIT	3 8:00 30' · FIIT ·		
	3 8:30 15' XPRESS BURN	3 8:30 15' BUM BUM UP	1 8:15 50' UP PILATES	4 9:00 50' VIRTUAL CYCLING	1 8:15 50' UP PILATES	2 9:15 50' VIRTUAL GAP	1 9:45 50' UP CHALLENGE
	2 9:00 50' VIRTUAL GAP	4 9:00 50' VIRTUAL CYCLING	3 8:30 15' ABDOMINAIS	3 9:30 30' · FIIT ·	3 8:30 15' XPRESS GAP	1 10:00 50' DUMBBELLS	2 10:00 50' VIRTUAL CORE
	3 9:30 30' · FIIT ·	3 9:30 30' · FIIT ·	2 9:00 50' VIRTUAL GAP	1 10:15 50' UP PILATES	2 9:00 50' VIRTUAL CORE	2 10:00 50' MARTIAL ARTS KIDS	4 10:45 50' UP CYCLING
	1 10:15 50' UP LOCAL	1 10:15 50' UP PILATES	1 10:15 50' UP CHALLENGE	3 10:45 15' XPRESS GAP	4 10:15 50' UP CYCLING	4 10:30 50' UP CYCLING	2 11:00 50' VIRTUAL GAP
	3 10:45 15' XPRESS CIRCUIT	3 10:45 15' XPRESS BURN	3 10:45 15' XPRESS CORE	2 11:30 50' VIRTUAL GAP	3 10:45 15' ABDOMINAIS	3 10:45 15' XPRESS BURN	3 11:30 15' XPRESS CIRCUIT
	2 11:30 50' VIRTUAL CORE	4 11:30 50' VIRTUAL CYCLING	4 11:30 50' VIRTUAL CYCLING	3 12:30 15' XPRESS CORE	4 11:30 50' VIRTUAL CYCLING	1 11:00 50' SFXCORE	
	3 11:30 30' · FIIT ·	3 11:30 30' · FIIT ·	3 11:30 30' · FIIT ·	3 13:15 30' · FIIT ·	3 11:30 30' · FIIT ·	3 11:30 30' · FIIT ·	
	3 12:30 15' ABDOMINAIS	3 12:30 15' XPRESS CORE	3 12:30 15' XPRESS CIRCUIT	4 14:00 50' VIRTUAL CYCLING	3 12:30 15' XPRESS BURN		
		1 13:00 50' UP LOCAL	2 12:45 50' UP CIRCUIT	2 15:00 50' VIRTUAL CORE	1 12:45 50' UP CHALLENGE		
TARDE	4 14:00 50' VIRTUAL CYCLING	2 14:00 50' VIRTUAL GAP	2 14:00 50' VIRTUAL CORE	3 16:30 15' ABDOMINAIS	2 14:00 50' VIRTUAL GAP	4 15:00 50' VIRTUAL CYCLING	
	2 15:00 50' VIRTUAL CORE	4 15:00 50' VIRTUAL CYCLING	2 15:00 50' VIRTUAL GAP	2 17:00 50' VIRTUAL GAP	4 15:00 50' VIRTUAL CYCLING	3 16:15 15' XPRESS BURN	
	3 16:30 15' XPRESS BURN	3 16:30 15' XPRESS CIRCUIT	3 16:30 15' BUM BUM UP	1 17:30 50' DUMBBELLS	3 16:30 15' BUM BUM UP	2 16:30 50' VIRTUAL GAP	
	4 17:00 50' VIRTUAL CYCLING	2 17:00 50' VIRTUAL CORE	2 17:00 50' VIRTUAL CORE	3 18:00 30' · FIIT ·	4 17:00 50' VIRTUAL CYCLING	3 17:30 15' ABDOMINAIS	
	1 17:30 50' SFXCORE	1 17:30 50' BODYJUMP	17:30 50' CROSS TRAINING	1 18:30 50' UP GAP	17:45 50' CROSS TRAINING	4 18:00 50' VIRTUAL CYCLING	
	3 18:00 30' · FIIT ·	3 18:00 30' · FIIT ·	3 18:00 30' · FIIT ·	3 18:30 50' SUPER KIDS	3 18:00 30' · FIIT ·		
	1 18:30 50' BODYJUMP	3 18:45 50' MARTIAL ARTS KIDS	4 18:30 50' UP CYCLING	4 19:00 50' UP CYCLING	1 18:30 50' DUMBBELLS		
	3 18:45 50' SUPER KIDS	2 18:45 50' UP LOCAL	1 18:30 50' DUMBBELLS	19:00 50' UP MILITAR	2 18:45 50' STRONG ZUMBA		
	2 19:00 50' UP YOGA	4 18:45 50' UP CYCLING	3 18:45 15' XPRESS BOXE	2 19:00 50' UP PILATES	3 18:45 15' XPRESS CIRCUIT		
NOITE	1 19:30 50' ZUMBA	19:00 50' UP MILITAR	2 19:00 50' ZUMBA	1 19:30 50' BODYJUMP	1 19:30 50' ZUMBA		
	4 19:45 50' UP CYCLING	1 19:30 50' SFXCORE	1 19:30 50' UP YOGA	2 20:00 50' STRONG ZUMBA	4 19:45 50' UP CYCLING		
	2 20:00 50' UP STEP	3 19:45 30' · FIIT ·	3 19:45 30' · FIIT ·	3 20:00 30' TRX	3 19:45 30' · FIIT ·		
	1 20:30 50' UP PILATES	2 20:00 50' MARTIAL ARTS	4 20:00 50' UP CYCLING	4 20:30 50' UP CYCLING	1 20:30 50' RECHARGE		
	3 20:30 15' ABDOMINAIS	1 20:30 50' DUMBBELLS	1 20:30 50' BODYJUMP	1 20:30 50' MARTIAL ARTS	3 20:30 15' XPRESS GAP		
	4 20:45 50' UP CYCLING	4 20:30 50' UP CYCLING	3 20:30 15' XPRESS CIRCUIT	3 20:45 30' · FIIT ·	4 21:00 50' VIRTUAL CYCLING		
	3 20:45 30' · FIIT ·	3 20:30 30' TRX	4 21:00 50' VIRTUAL CYCLING	2 21:00 50' VIRTUAL GAP			
	2 21:00 50' VIRTUAL GAP	2 21:00 50' VIRTUAL CORE					