

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	4 8:00 30' · FIIT ·	4 8:00 30' · FIIT ·	4 8:00 30' · FIIT ·	4 8:00 30' · FIIT ·	4 8:00 30' · FIIT ·		
	3 8:30 50' UP CYCLING	2 8:30 50' UP PILATES	1 8:30 50' LES MILLS BODYPUMP	2 8:30 50' UP PILATES	3 8:30 50' UP CYCLING		
	1 9:30 50' ZUMBA	1 9:30 50' LES MILLS BODYCOMBAT	4 9:30 30' · FIIT ·	1 9:30 50' DUMBBELLS	4 9:30 30' · FIIT ·	4 9:30 30' · FIIT ·	1 9:30 50' UP LOCAL
	4 10:00 15' XPRESS BURN	4 10:00 15' ABDOMINAIS	4 10:00 15' BUM BUM UP	4 10:00 15' ABDOMINAIS	4 10:00 15' XPRESS CIRCUIT	1 10:00 50' LES MILLS BODYPUMP	4 10:00 15' ABDOMINAIS
	2 10:15 50' LES MILLS BODYATTACK	3 10:15 50' UP CYCLING	1 10:15 50' ZUMBA	2 10:15 50' LES MILLS BODYATTACK	2 10:15 50' BODYJUMP	3 11:00 50' UP CYCLING	3 10:30 50' UP CYCLING
	4 11:00 30' · FIIT ·	4 11:00 30' · FIIT ·	4 11:00 30' · FIIT ·	4 11:00 30' · FIIT ·	4 11:00 30' · FIIT ·	4 11:30 30' · FIIT ·	
	4 11:30 50' VIRTUAL GAP	4 11:30 50' VIRTUAL CYCLING	4 11:30 50' VIRTUAL CORE	4 11:30 50' VIRTUAL GAP	4 11:30 50' VIRTUAL CYCLING		
TARDE	3 12:45 50' UP CYCLING	1 12:45 50' LES MILLS BODYATTACK	1 12:45 50' DUMBBELLS	3 12:45 50' UP CYCLING	1 12:45 50' SFXCORE		
	4 15:00 50' VIRTUAL GAP	4 15:00 50' VIRTUAL CYCLING	4 15:00 50' VIRTUAL CORE	4 15:00 50' VIRTUAL CYCLING	4 15:00 50' VIRTUAL GAP		
	1 16:30 50' UP PILATES	4 16:30 50' VIRTUAL GAP	4 16:30 50' VIRTUAL CYCLING	1 16:30 50' UP PILATES	4 16:30 50' VIRTUAL CYCLING	4 16:30 50' VIRTUAL GAP	
	4 17:15 15' XPRESS BURN	4 17:15 15' ABDOMINAIS	4 17:15 15' BUM BUM UP	4 17:15 15' ABDOMINAIS	4 17:15 15' XPRESS CIRCUIT	4 17:30 30' · FIIT ·	
	1 17:30 50' UP GAP	3 18:00 50' UP CYCLING	2 17:30 50' UP PILATES	2 17:30 50' BODYJUMP	4 17:30 50' VIRTUAL CYCLING	3 18:00 50' UP CYCLING	
	4 18:00 30' · FIIT ·	4 18:00 30' · FIIT ·	4 18:00 30' · FIIT ·	4 18:00 30' · FIIT ·	4 18:00 30' · FIIT ·		
	3 18:15 50' UP CYCLING	2 18:15 50' TOTAL TRAINING	1 18:30 50' DUMBBELLS	3 18:00 50' UP CYCLING	1 18:15 50' TOTAL TRAINING		
	1 18:30 50' SFXCORE	1 18:30 50' UP LOCAL	4 18:45 15' ABDOMINAIS	1 18:15 50' UP GAP	2 18:30 50' ZUMBA		
NOITE	2 18:50 50' ZUMBA	4 18:45 15' BUM BUM UP	2 18:50 50' BODYJUMP	2 18:50 50' LES MILLS BODYCOMBAT	3 19:00 50' UP CYCLING		
	4 19:00 30' · FIIT ·	4 19:00 30' · FIIT ·	4 19:00 30' · FIIT ·	4 19:00 30' · FIIT ·	4 19:00 30' · FIIT ·		
	3 19:15 50' UP CYCLING	3 19:15 50' UP CYCLING	3 19:30 50' UP CYCLING	1 19:15 30' UP LOCAL	1 19:15 50' LES MILLS BODYPUMP		
	2 19:30 50' BODYJUMP	2 19:30 50' LES MILLS BODYCOMBAT	1 19:30 50' UP GAP	3 19:45 50' UP CYCLING	2 19:30 50' LES MILLS BODYCOMBAT		
	4 20:00 30' · FIIT ·	1 19:45 50' ZUMBA	2 19:45 50' ZUMBA	4 20:00 30' · FIIT ·	4 20:00 30' · FIIT ·		
	2 20:20 50' UP PILATES	4 20:00 30' · FIIT ·	4 20:00 30' · FIIT ·	1 20:15 50' DUMBBELLS	2 20:30 50' BODYJUMP		
	1 20:30 50' DUMBBELLS	2 20:30 50' UP YOGA	4 20:30 15' ABDOMINAIS	2 20:30 50' UP YOGA	4 20:45 50' VIRTUAL CYCLING		
	4 20:30 15' ABDOMINAIS	4 20:30 15' BUM BUM UP		4 20:30 15' XPRESS CIRCUIT	4 21:00 15' BUM BUM UP		