

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	CTZ 7:15   50' CROSS TRAINING	2 7:15   50' RECHARGE	1 7:15   50' CYCLING	CTZ 7:15   50' CROSS TRAINING	3 7:15   50' LES MILLS BODYPUMP		
	CTZ 8:00   15' XPRESS ABS	CTZ 8:00   15' XPRESS GAP	CTZ 8:00   15' XPRESS CIRCUIT	FZ 8:00   15' XPRESS ABS	CTZ 8:00   15' XPRESS GAP		
	CTZ 8:30   15' XPRESS GAP	CTZ 8:30   15' XPRESS CIRCUIT	CTZ 8:30   15' XPRESS ABS	CTZ 8:30   15' XPRESS GAP	CTZ 8:30   15' XPRESS CIRCUIT	1 8:30   50' CYCLING	FZ 10:00   50' VIRTUAL GAP
	CTZ 9:00   15' XPRESS CIRCUIT	CTZ 9:00   15' XPRESS ABS	CTZ 9:00   15' XPRESS GAP	CTZ 9:00   15' XPRESS CIRCUIT	CTZ 9:00   15' XPRESS ABS	CTZ 9:00   50' CROSS TRAINING KIDS	1 10:30   50' CYCLING
	FTZ 10:00   30' FIIT	FTZ 10:00   30' FIIT	FTZ 10:00   30' FIIT	FTZ 10:00   30' FIIT	FTZ 10:00   30' FIIT	FTZ 10:00   30' FIIT	FTZ 11:00   50' VIRTUAL CORE
	1 10:30   50' YOGA	1 10:30   50' CYCLING	2 10:30   50' ZUMBA	2 10:30   50' YOGA	2 10:30   50' PILATES	2 10:30   50' LES MILLS BODYBALANCE	CTZ 12:15   15' XPRESS CIRCUIT
	FTZ 11:00   30' VIRTUAL CYCLING	FTZ 11:00   50' VIRTUAL CORE	FTZ 11:00   50' VIRTUAL GAP	FTZ 11:00   50' VIRTUAL CYCLING	FTZ 11:00   50' VIRTUAL CORE	3 11:00   50' BODYJUMP	
	CTZ 12:15   15' XPRESS ABS	CTZ 12:15   15' XPRESS GAP	CTZ 12:15   15' XPRESS CIRCUIT	CTZ 12:15   15' XPRESS ABS	CTZ 12:15   15' XPRESS GAP	CTZ 12:15   15' XPRESS CIRCUIT	
	FTZ 12:45   30' FIIT	FTZ 12:45   30' FIIT	FTZ 12:45   30' FIIT	FTZ 12:45   30' FIIT	FTZ 12:45   30' FIIT	FTZ 12:45   30' FIIT	
	CTZ 13:30   15' XPRESS GAP	CTZ 13:30   15' XPRESS CIRCUIT	CTZ 13:30   15' XPRESS ABS	CTZ 13:30   15' XPRESS GAP	CTZ 13:30   15' XPRESS CIRCUIT	CTZ 13:30   15' XPRESS ABS	
	FTZ 14:00   50' VIRTUAL CORE	FTZ 14:00   50' VIRTUAL GAP	FTZ 14:00   50' VIRTUAL CYCLING	FTZ 14:00   50' VIRTUAL CORE	FTZ 14:00   50' VIRTUAL GAP	FTZ 14:00   50' VIRTUAL CORE	
	TARDE	CTZ 15:00   15' XPRESS CIRCUIT	CTZ 15:00   15' XPRESS ABS	CTZ 15:00   15' XPRESS GAP	CTZ 15:00   15' XPRESS CIRCUIT	CTZ 15:00   15' XPRESS ABS	CTZ 15:00   15' XPRESS GAP
FTZ 15:30   50' VIRTUAL GAP		FTZ 15:30   50' VIRTUAL CYCLING	FTZ 15:30   50' VIRTUAL CORE	FTZ 15:30   50' VIRTUAL GAP	FTZ 15:30   50' VIRTUAL CYCLING	FTZ 15:30   50' VIRTUAL CYCLING	
CTZ 16:00   15' XPRESS ABS		CTZ 16:00   15' XPRESS GAP	CTZ 16:00   15' XPRESS CIRCUIT	CTZ 16:00   15' XPRESS ABS	CTZ 16:00   15' XPRESS GAP	CTZ 16:00   15' XPRESS CIRCUIT	
CTZ 16:30   15' XPRESS GAP		CTZ 16:30   15' XPRESS CIRCUIT	CTZ 16:30   15' XPRESS ABS	CTZ 16:30   15' XPRESS GAP	CTZ 16:30   15' XPRESS CIRCUIT	CTZ 16:30   50' CROSS TRAINING	
FTZ 17:00   30' FIIT		FTZ 17:00   30' FIIT	FTZ 17:00   30' FIIT	FTZ 17:00   30' FIIT	FTZ 17:00   30' FIIT	FTZ 17:00   30' FIIT	
2 17:30   50' ZUMBA		2 17:30   50' LES MILLS BODYBALANCE	3 17:30   5' LOCAL	3 17:30   50' STRONG ZUMBA	2 17:30   50' YOGA	FTZ 17:30   50' VIRTUAL CORE	
3 18:00   50' LES MILLS BODYPUMP		3 18:00   50' BODYJUMP	2 18:00   50' RECHARGE	2 18:00   50' SFXCORE	3 18:00   50' ZUMBA	1 18:00   50' CYCLING	
CTZ 18:15   15' XPRESS CIRCUIT		FTZ 18:15   15' XPRESS ABS	CTZ 18:15   15' XPRESS GAP	CTZ 18:15   15' XPRESS CIRCUIT	CTZ 18:15   15' XPRESS ABS	CTZ 18:15   15' XPRESS ABS	
2 18:30   50' LES MILLS BODYCOMBAT		2 18:30   50' YOGA KIDS	1 18:30   50' CYCLING	CTZ 18:30   50' CROSS TRAINING KIDS	FZ 18:30   50' KRAV MAGA KIDS	FZ 18:30   50' KRAV MAGA	
CTZ 18:45   50' CROSSTRaining KIDS		1 18:45   50' CYCLING	3 18:45   50' DANCE KIDS	3 18:45   50' LES MILLS BODYPUMP	CTZ 18:45   50' CIRCUIT TRAINING	2 18:45   50' GAP	
FTZ 19:00   30' FIIT		FTZ 19:00   30' FIIT	FTZ 19:00   30' FIIT	FTZ 19:00   30' FIIT	FTZ 19:00   30' FIIT	FTZ 19:00   30' FIIT	
1 19:15   50' CYCLING		FZ 19:15   50' BOXE KIDS	FZ 19:15   50' TAEKWONDO KIDS	1 19:15   50' CYCLING	2 19:15   50' RECHARGE	CTZ 19:15   15' XPRESS CIRCUIT	
3 19:30   50' PILATES	2 19:30   50' SFXCORE	CTZ 19:30   50' CROSS TRAINING	2 19:30   50' GAP	3 19:30   50' BODYJUMP			
CTZ 19:45   50' CROSS TRAINING	3 19:45   50' DUMBBELLS	3 19:45   50' PILATES	CTZ 19:45   15' XPRESS ABS	CTZ 19:45   50' CROSS TRAINING			
FTZ 20:00   30' FIIT	CTZ 20:00   30' FIIT	FTZ 20:00   30' FIIT	FTZ 20:00   30' KRAV MAGA	FTZ 20:00   30' FIIT			
2 20:15   50' SFXCORE	FZ 20:15   50' BOXE	FZ 20:15   50' TAEKWONDO	3 20:15   50' LES MILLS BODYBALANCE	1 20:15   50' CYCLING			
1 20:30   50' CYCLING	2 20:30   50' ZUMBA	2 20:30   50' LES MILLS BODYCOMBAT	CTZ 20:30   50' CROSS TRAINING	FZ 20:30   50' SPORT KEMPO			
FTZ 21:00   50' VIRTUAL CYCLING	FTZ 21:00   50' VIRTUAL CORE	FTZ 21:00   50' VIRTUAL GAP	FTZ 21:00   50' VIRTUAL CORE	FTZ 21:00   50' VIRTUAL CORE			