

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
CZ 07:15 50' ●	3 07:15 50' ●	1 07:15 50' ●	CZ 07:15 50' ●	3 07:15 50' ●	1 08:30 50' ●	FTZ 10:00 50' ●
CROSSTRAINING	BODY PUMP	CYCLING	CROSSTRAINING	BODY PUMP	CYCLING	VIRTUAL GAP
FTZ 08:00 15' ●	FTZ 08:00 15' ●	FTZ 08:00 15' ●	FTZ 08:00 15' ●	FTZ 08:00 15' ●	CZ 09:00 50' ●	1 10:30 50' ●
XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	CROSSTRAINING KIDS	CYCLING
FTZ 08:30 15' ●	FTZ 08:30 15' ●	FTZ 08:30 15' ●	FTZ 08:30 115' ●	FTZ 08:30 15' ●	FTZ 10:00 30' ●	FTZ 11:00 50' ●
XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	FIIT	VIRTUAL CORE
FTZ 09:00 15' ●	FTZ 09:00 15' ●	FTZ 09:00 15' ●	FTZ 09:00 15' ●	FTZ 09:00 15' ●	3 10:30 50' ●	FTZ 12:15 15' ●
XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	BODY JUMP	XPRESS CIRCUIT
FTZ 10:00 30' ●	FTZ 10:00 30' ●	FTZ 10:00 30' ●	FTZ 10:00 30' ●	FTZ 10:00 30' ●	2 11:00 50' ●	
FIIT	FIIT	FIIT	FIIT	FIIT	BODY BALANCE	
2 10:30 50' ●	1 10:30 50' ●	2 10:30 50' ●	2 10:30 50' ●	2 10:30 50' ●	FTZ 12:15 15' ●	
YOGA	CYCLING	ZUMBA	YOGA	PILATES	XPRESS CIRCUIT	
FTZ 11:00 30' ●	FTZ 11:00 50' ●	FTZ 11:00 50' ●	FTZ 11:00 50' ●	FTZ 11:00 50' ●	FTZ 12:45 30' ●	
VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL GAP	VIRTUAL CYCLING	VIRTUAL CORE	FIIT	
FTZ 12:15 15' ●	FTZ 12:15 15' ●	FTZ 12:15 15' ●	FTZ 12:15 15' ●	FTZ 12:15 15' ●	FTZ 13:30 15' ●	
XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	XPRESS ABS	
FTZ 12:45 30' ●	FTZ 12:45 30' ●	FTZ 12:45 30' ●	FTZ 12:45 30' ●	FTZ 12:45 30' ●	FTZ 14:00 50' ●	
FIIT	FIIT	FIIT	FIIT	FIIT	VIRTUAL CORE	
FTZ 13:30 15' ●	FTZ 13:30 15' ●	FTZ 13:30 15' ●	FTZ 13:30 15' ●	FTZ 13:30 15' ●	FTZ 15:00 15' ●	
XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	XPRESS GAP	
FTZ 14:00 50' ●	FTZ 14:00 50' ●	FTZ 14:00 50' ●	FTZ 14:00 50' ●	FTZ 14:00 50' ●	FTZ 15:30 50' ●	
VIRTUAL CORE	VIRTUAL GAP	VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL GAP	VIRTUAL CYCLING	
FTZ 15:00 15' ●	FTZ 15:00 15' ●	FTZ 15:00 15' ●	FTZ 15:00 15' ●	FTZ 15:00 15' ●	FTZ 16:00 15' ●	
XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	XPRESS CIRCUIT	
FTZ 15:30 50' ●	FTZ 15:30 50' ●	FTZ 15:30 50' ●	FTZ 15:30 50' ●	FTZ 15:30 50' ●	FTZ 16:30 50' ●	
VIRTUAL GAP	VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL GAP	VIRTUAL CYCLING	VIRTUAL CORE	
FTZ 16:00 15' ●	FTZ 16:00 15' ●	FTZ 16:00 15' ●	FTZ 16:00 15' ●	FTZ 16:00 15' ●	FTZ 17:00 30' ●	
XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	FIIT	
FTZ 16:30 15' ●	FTZ 16:30 15' ●	FTZ 16:30 15' ●	FTZ 16:30 15' ●	FTZ 16:30 15' ●	FTZ 17:30 50' ●	
XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	VIRTUAL GAP	
FTZ 17:00 30' ●	FTZ 17:00 30' ●	FTZ 17:00 30' ●	FTZ 17:00 30' ●	FTZ 17:00 30' ●	1 18:00 50' ●	
FIIT	FIIT	FIIT	FIIT	FIIT	CYCLING	
2 17:30 50' ●	3 17:30 50' ●	3 17:30 50' ●	3 17:30 50' ●	2 17:30 50' ●	FTZ 18:15 15' ●	
ZUMBA	BODY BALANCE	LOCAL	STRONG BY ZUMBA	YOGA	XPRESS ABS	
3 18:00 50' ●	2 18:00 50' ●	2 18:00 50' ●	2 18:00 50' ●	FZ 18:00 50' ●	2 18:30 50' ●	
BODY PUMP	YOGA KIDS	RECHARGE	SFX CORE	KRAV MAGA KIDS	KRAV MAGA	
FTZ 18:15 15' ●	FTZ 18:15 15' ●	FTZ 18:15 15' ●	FTZ 18:15 15' ●	FTZ 18:15 15' ●	3 18:45 50' ●	
XPRESS CIRCUIT	XPRESS ABS	XPRESS GAP	XPRESS CIRCUIT	XPRESS ABS	GAP	
2 18:30 50' ●	3 18:30 50' ●	1 18:30 50' ●	CZ 18:30 50' ●	3 18:30 50' ●	FTZ 19:00 30' ●	
BODY COMBAT	BODY JUMP	CYCLING	CROSSTRAINING KIDS	ZUMBA	FIIT	
CZ 18:45 50' ●	1 18:45 50' ●	3 18:45 50' ●	3 18:45 50' ●	CZ 18:45 50' ●	FTZ 19:15 15' ●	
CROSSTRAINING KIDS	CYCLING	DANCE KIDS	BODY PUMP	CROSSTRAINING	XPRESS GAP	
FTZ 19:00 30' ●	FTZ 19:00 30' ●	FTZ 19:00 30' ●	FTZ 19:00 30' ●	FTZ 19:00 30' ●		
FIIT	FIIT	FIIT	FIIT	FIIT		
1 19:15 50' ●	FZ 19:15 50' ●	FZ 19:15 50' ●	1 19:15 50' ●	2 19:15 50' ●		
CYCLING	BOXE KIDS	TAEKWONDO KIDS	CYCLING	RECHARGE		
3 19:30 50' ●	2 19:30 50' ●	CZ 19:30 50' ●	2 19:30 50' ●	3 19:30 50' ●		
PILATES	SFX CORE	CROSSTRAINING	GAP	BODY JUMP		
CZ 19:45 50' ●	3 19:45 50' ●	3 19:45 50' ●	FTZ 19:45 15' ●	FZ 19:45 50' ●		
CROSSTRAINING	DUMBBELLS	PILATES	XPRESS ABS	SPORT KEMPO		
FTZ 20:00 30' ●	FTZ 20:00 30' ●	FTZ 20:00 30' ●	FZ 20:00 30' ●	FTZ 20:00 30' ●		
FIIT	FIIT	FIIT	KRAV MAGA	FIIT		
1 20:15 50' ●	FZ 20:15 50' ●	FZ 20:15 50' ●	3 20:15 50' ●	1 20:15 50' ●		
SFX CORE	BOXE	TAEKWONDO	BODY BALANCE	CYCLING		
1 20:30 50' ●	2 20:30 50' ●	2 20:30 50' ●	CZ 20:30 50' ●	3 20:30 50' ●		
CYCLING	ZUMBA	BODY COMBAT	CROSSTRAINING	BODY COMBAT		
FTZ 21:00 50' ●	FTZ 21:00 50' ●	FTZ 21:00 50' ●	FTZ 21:00 50' ●	FTZ 21:00 50' ●		
VIRTUAL CYCLING	VIRTUAL CORE	VIRTUAL GAP	VIRTUAL CORE	VIRTUAL CORE		