

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
MANHÃ	X 7:15 50' ● VIRTUAL CYCLING	X 7:15 50' ● VIRTUAL CORE	3 7:30 50' ● CYCLING	X 7:15 50' ● VIRTUAL GAP	X 7:15 50' ● VIRTUAL CORE		
	X 8:30 15' ● XPRESS ABS	X 8:30 15' ● XPRESS GLUTEOS	X 8:30 15' ● XPRESS ABS	X 8:30 15' ● XPRESS GLUTEOS	X 8:30 15' ● XPRESS ABS		
	2 9:00 50' ● RECHARGE	3 9:00 50' ● CYCLING	2 9:00 50' ● LOCAL	1 9:00 45' ● SFXCORE	1 9:00 50' ● DUMBBELLS		
	X 9:30 30' ● FIIT	X 9:30 30' ● FIIT	X 9:30 30' ● FIIT	X 9:30 30' ● FIIT	X 9:30 30' ● FIIT		
	2 10:00 50' ● LOCAL	2 10:00 50' ● PILATES	1 10:00 50' ● BODYJUMP	2 10:00 50' ● ZUMBA	3 10:00 50' ● CYCLING	3 10:00 50' ● CYCLING	3 10:30 50' ● CYCLING
	X 10:30 30' ● FIIT	X 10:30 30' ● FIIT	X 10:30 30' ● FIIT	X 10:30 30' ● FIIT	X 10:30 30' ● FIIT	2 10:00 50' ● LOCAL	X 15:15 50' ● VIRTUAL GAP
	2 11:00 30' ● BUM BUM BRASIL	X 11:00 50' ● VIRTUAL CORE	X 11:00 50' ● VIRTUAL GAP	X 11:00 50' ● VIRTUAL CORE	X 11:00 50' ● VIRTUAL CORE	1 10:00 50' ● DANCE KIDS	
	X 12:15 15' ● XPRESS GLUTEOS	2 11:00 30' ● LOCAL	X 12:15 15' ● XPRESS GLUTEOS	2 11:00 50' ● RECHARGE	X 12:15 15' ● XPRESS GLUTEOS	1 11:00 50' ● DUMBBELLS	
	2 12:45 50' ● CROSSTRaining	X 12:15 15' ● XPRESS ABS	3 12:45 45' ● CYCLING	X 12:15 15' ● XPRESS ABS	2 12:45 50' ● LOCAL	X 17:30 50' ● VIRTUAL CYCLING	
TARDE	X 14:00 15' ● XPRESS ABS	X 14:00 15' ● XPRESS GLUTEOS	X 14:00 15' ● XPRESS ABS	X 14:00 15' ● XPRESS GLUTEOS	X 14:00 15' ● XPRESS ABS		
	X 15:00 15' ● XPRESS GLUTEOS	X 15:00 15' ● XPRESS ABS	X 15:00 15' ● XPRESS GLUTEOS	X 15:00 15' ● XPRESS ABS	X 15:00 15' ● XPRESS GLUTEOS		
	X 15:15 50' ● VIRTUAL CORE	X 15:15 50' ● VIRTUAL CORE	X 15:15 50' ● VIRTUAL CORE	X 15:15 50' ● VIRTUAL CYCLING	X 15:15 50' ● VIRTUAL GAP		
	X 16:15 50' ● VIRTUAL CYCLING	X 16:10 50' ● VIRTUAL GAP	X 16:15 50' ● VIRTUAL GAP	X 16:15 50' ● VIRTUAL CORE	X 16:15 50' ● VIRTUAL CORE		
	X 17:00 15' ● XPRESS ABS	X 17:00 15' ● XPRESS GLUTEOS	X 17:00 15' ● XPRESS ABS	X 17:00 15' ● XPRESS GLUTEOS	X 17:15 50' ● VIRTUAL CYCLING		
	2 17:30 50' ● LOCAL	3 17:30 50' ● CYCLING	2 17:30 45' ● RECHARGE	1 17:30 50' ● SFXCORE	2 17:30 50' ● PILATES		
	X 18:00 30' ● FIIT	X 18:00 30' ● FIIT	X 18:00 30' ● FIIT	X 18:00 30' ● FIIT	X 18:00 30' ● FIIT		
	X 18:30 50' ● XPRESS GLUTEOS	X 18:30 15' ● XPRESS ABS	X 18:30 15' ● XPRESS GLUTEOS	X 18:30 15' ● XPRESS ABS	X 18:30 15' ● XPRESS GLUTEOS		
	2 18:30 50' ● SELGATION	1 18:30 50' ● BODYJUMP	3 18:30 50' ● CYCLING	2 18:30 50' ● LOCAL	1 18:30 50' ● DUMBBELLS		
	1 18:30 30' ● BUM BUM BRASIL	2 18:30 50' ● CROSSTRaining	2 18:30 50' ● LOCAL	1 19:00 50' ● ZUMBA	X 18:45 50' ● KICKBOXING KIDS		
	X 19:00 30' ● FIIT	X 18:45 50' ● CROSSTRaining KIDS	X 19:00 30' ● FIIT	X 19:00 30' ● FIIT	X 19:00 15' ● XPRESS ABS		
NOITE	3 19:00 70' ● CYCLING	X 19:00 15' ● XPRESS ABS	2 19:30 50' ● ZUMBA	3 19:30 50' ● CYCLING	2 19:00 50' ● GAP		
	X 19:30 15' ● XPRESS ABS	X 19:15 15' ● XPRESS GLUTEOS	X 19:30 15' ● XPRESS ABS	X 19:30 15' ● XPRESS GLUTEOS	X 19:15 15' ● XPRESS GLUTEOS		
	1 19:30 50' ● LES MILLS BODYPUMP	1 19:30 50' ● SFXCORE	1 19:30 50' ● DUMBBELLS	2 19:30 50' ● LES MILLS BODYCOMBAT	2 20:00 50' ● PILATES		
	X 20:00 30' ● FIIT	X 20:00 30' ● FIIT	X 19:30 15' ● XPRESS ABS	X 20:00 30' ● FIIT	X 20:00 30' ● FIIT		
	2 20:30 50' ● LES MILLS BODYCOMBAT	3 20:00 50' ● CYCLING	X 20:00 30' ● FIIT	1 20:30 50' ● LES MILLS BODYPUMP	3 20:30 50' ● CYCLING		
	1 20:30 30' ● GAP	2 20:45 50' ● PILATES	1 20:30 50' ● BODYJUMP	X 20:45 15' ● XPRESS GLUTEOS	X 20:45 15' ● XPRESS ABS		
	X 20:45 15' ● XPRESS ABS	X 20:45 15' ● XPRESS GLUTEOS	2 20:30 50' ● RECHARGE	X 21:15 50' ● VIRTUAL GAP	X 21:15 15' ● XPRESS GAP		
	X 21:15 50' ● VIRTUAL CORE	X 21:15 50' ● VIRTUAL GAP	X 20:45 15' ● XPRESS ABS				
			X 21:15 50' ● VIRTUAL CYCLING				