

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
4 07:30   15' ● XPRESS GAP	4 07:30   15' ● XPRESS CORE	4 07:30   30' ● FIIT	4 07:30   15' ● XPRESS GAP	4 07:30   30' ● FIIT	3 09:30   50' ● SALSATION	4 09:30   15' ● XPRESS GLÚTEOS
4 08:30   30' ● FIIT	4 08:30   30' ● FIIT	4 08:30   15' ● XPRESS GAP	4 08:30   15' ● XPRESS ABS	4 08:30   15' ● XPRESS GAP	1 09:30   45' ● MTV DANCE KIDS	4 10:00   15' ● XPRESS ABS
4 09:30   15' ● XPRESS ABS	1 09:30   50' ● BODY JUMP	1 09:30   50' ● YOGA	2 09:30   50' ● CYCLING	4 09:30   15' ● XPRESS ABS	2 10:30   50' ● CYCLING	2 10:30   50' ● CYCLING
4 10:00   30' ● FIIT	4 10:00   15' ● XPRESS ABS	4 10:00   30' ● FIIT	4 10:00   30' ● FIIT	4 10:00   30' ● FIIT	4 11:00   15' ● XPRESS GLÚTEOS	4 11:00   50' ● XPRESS CORE
1 10:00   50' ● PILATES	3 10:30   50' ● CROSSTRaining	3 10:30   50' ● BODY PUMP	3 10:30   50' ● SALSATION	3 10:30   50' ● PILATES	4 11:30   30' ● FIIT	
3 10:30   50' ● LOCAL	4 11:00   15' ● XPRESS ABS	4 11:00   15' ● XPRESS GLÚTEOS	4 11:00   15' ● XPRESS ABS	4 11:00   15' ● XPRESS GLÚTEOS	4 12:00   15' ● XPRESS ABS	
4 11:30   15' ● XPRESS GLÚTEOS	4 11:30   15' ● XPRESS GAP	4 11:30   15' ● XPRESS GAP	4 11:30   15' ● XPRESS GLÚTEOS	4 11:30   15' ● XPRESS ABS	4 12:30   50' ● VIRTUAL GAP	
4 12:00   15' ● XPRESS ABS	4 12:00   15' ● XPRESS GLÚTEOS	4 12:00   15' ● XPRESS ABS	4 12:00   15' ● XPRESS GAP	4 12:00   15' ● XPRESS GAP	4 13:30   50' ● VIRTUAL CYCLING	
4 12:30   50' ● VIRTUAL CORE	4 12:30   50' ● VIRTUAL GAP	4 12:30   50' ● VIRTUAL CYCLING	4 12:30   50' ● VIRTUAL CORE	4 12:30   50' ● VIRTUAL CYCLING	4 14:30   50' ● VIRTUAL CORE	
4 12:45   15' ● XPRESS ABS	4 12:45   15' ● XPRESS ABS	4 12:45   15' ● XPRESS GAP	4 12:45   15' ● XPRESS ABS	4 12:45   15' ● XPRESS GLÚTEOS	4 15:30   30' ● FIIT	
4 13:30   50' ● VIRTUAL CYCLING	4 13:30   50' ● VIRTUAL CORE	4 13:30   50' ● VIRTUAL GAP	4 13:30   50' ● VIRTUAL GAP	4 13:30   50' ● VIRTUAL CORE	4 16:30   15' ● XPRESS ABS	
4 14:30   50' ● VIRTUAL GAP	4 14:30   50' ● VIRTUAL CYCLING	4 14:30   50' ● VIRTUAL CORE	4 14:30   50' ● VIRTUAL CYCLING	4 14:30   50' ● VIRTUAL GAP	2 17:00   30' ● SCHWINN CYCLING	
3 15:30   50' ● CROSSTRaining	3 15:30   50' ● PILATES	3 15:30   50' ● GAP	3 15:30   50' ● PILATES	4 15:20   0' ● XPRESS ABS	3 17:30   30' ● DUMBBELLS	
4 16:30   15' ● XPRESS GLÚTEOS	4 16:30   15' ● XPRESS ABS	4 16:30   15' ● XPRESS GLÚTEOS	4 16:30   15' ● XPRESS ABS	3 15:30   50' ● LOCAL	4 18:30   50' ● VIRTUAL GAP	
4 17:00   30' ● FIIT	2 17:00   50' ● SCHWINN CYCLING	4 17:00   30' ● FIIT	2 17:00   50' ● SCHWINN CYCLING	4 16:00   15' ● XPRESS GAP		
4 17:30   15' ● XPRESS ABS	4 17:30   15' ● XPRESS GAP	4 17:30   15' ● XPRESS ABS	4 17:30   15' ● XPRESS GAP	4 16:30   15' ● XPRESS GLÚTEOS		
4 18:15   30' ● FIIT	4 18:15   30' ● FIIT	4 18:15   30' ● FIIT	4 18:15   30' ● FIIT	4 17:00   30' ● FIIT		
1 18:30   45' ● CROSSTRaining KIDS	FZ 18:20   45' ● KICKBOXING KIDS	3 18:20   45' ● CROSSTRaining KIDS	FZ 18:20   45' ● KICKBOXING KIDS	4 17:30   15' ● XPRESS ABS		
3 18:30   50' ● PILATES	2 18:30   50' ● CYCLING	1 18:30   50' ● DUMBBELLS	3 18:30   50' ● SALSATION	3 17:30   50' ● BODY PUMP		
2 18:40   50' ● SCHWINN CYCLING	3 18:30   50' ● STEP	2 18:40   50' ● SCHWINN CYCLING	1 18:30   50' ● GAP	4 18:15   30' ● FIIT		
4 18:45   15' ● XPRESS GAP	1 18:40   50' ● GAP	4 18:45   15' ● XPRESS GLÚTEOS	2 18:40   50' ● SCHWINN CYCLING	FZ 18:20   50' ● BOXE KIDS		
4 19:15   30' ● FIIT	4 18:45   15' ● XPRESS ABS	4 19:15   30' ● FIIT	4 18:45   15' ● XPRESS ABS	2 18:30   50' ● SCHWINN CYCLING		
FZ 19:20   50' ● BOXE	4 19:15   30' ● FIIT	1 19:30   50' ● BODY JUMP	4 19:15   30' ● FIIT	3 18:30   50' ● STEP		
3 19:30   50' ● ZUMBA	FZ 19:20   50' ● KICKBOXING	3 19:30   50' ● PILATES	FZ 19:20   50' ● KICKBOXING	4 18:45   15' ● XPRESS GAP		
1 19:30   50' ● BODY JUMP	2 19:30   50' ● SCHWINN CYCLING	2 19:40   50' ● CYCLING	1 19:30   50' ● YOGA	4 19:15   30' ● FIIT		
2 19:40   50' ● SCHWINN CYCLING	1 19:30   50' ● BODY PUMP	4 19:45   15' ● XPRESS ABS	3 19:30   50' ● TOTAL TRAINING	FZ 19:20   50' ● BOXE		
4 19:45   15' ● XPRESS ABS	3 19:40   50' ● PILATES	4 20:15   30' ● FIIT	2 19:40   50' ● CYCLING	1 19:30   50' ● BODY PUMP		
4 20:15   30' ● FIIT	4 19:45   15' ● XPRESS GAP	1 20:30   50' ● GAP	4 19:45   15' ● XPRESS GLÚTEOS	4 19:45   15' ● XPRESS ABS		
3 20:30   50' ● DUMBBELLS	4 20:15   15' ● XPRESS ABS	2 20:40   50' ● CYCLING	4 20:15   15' ● XPRESS ABS	4 20:15   30' ● FIIT		
4 20:45   15' ● XPRESS GLÚTEOS	1 20:30   50' ● YOGA	4 20:45   15' ● XPRESS GAP	1 20:30   50' ● PILATES	4 20:45   15' ● XPRESS GLÚTEOS		
4 21:00   50' ● VIRTUAL CYCLING	3 20:40   50' ● LOCAL	4 21:00   50' ● VIRTUAL CORE	4 20:45   30' ● FIIT	4 21:00   50' ● VIRTUAL CYCLING		
	4 20:45   30' ● FIIT		4 21:00   50' ● VIRTUAL GAP			