

| SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA | SÁBADO | DOMINGO |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|-------------------------------|---------------------------------|
| 2 07:30 50' VIRTUAL GAP | 1 07:30 50' BODY PUMP | 2 07:30 50' VIRTUAL CORE | 3 07:30 50' CYCLING | 2 07:30 50' VIRTUAL CYCLING | 2 08:45 50' VIRTUAL CORE | 2 09:30 50' VIRTUAL GAP |
| 1 09:30 30' FIIT | 1 09:30 30' FIIT | 1 09:30 30' FIIT | 1 09:30 30' FIIT | 1 09:30 30' FIIT | 1 09:30 30' FIIT | 1 10:30 30' FIIT |
| 2 09:40 60' YOGA | 2 09:40 50' VIRTUAL CYCLING | 2 09:40 50' PILATES | 2 09:40 50' VIRTUAL CORE | 2 09:40 50' ZUMBA | X 09:45 15' XPRESS ABS | 3 10:40 50' CYCLING |
| X 09:45 15' XPRESS GLUTEOS | X 09:45 15' XPRESS CORE | X 09:45 15' XPRESS ABS | X 09:45 15' XPRESS CIRCUIT | X 09:45 15' XPRESS GLUTEOS | 1 10:30 50' BODY ATTACK | 1 11:30 50' LOCALIZADA |
| 1 10:30 50' ZUMBA | 1 10:00 50' BODY ATTACK | 1 10:30 50' BODY PUMP | 1 10:10 50' BODY JUMP | 1 10:30 50' BUM BUM BRASIL | 2 10:30 50' SAVATE KIDS | X 12:15 15' XPRESS CIRCUIT |
| 1 11:30 30' BUM BUM BRASIL | 1 11:00 60' PILATES | 3 11:30 50' CYCLING | 2 11:00 50' RECHARGE | 1 11:30 50' BODY ATTACK | 3 11:30 50' CYCLING | |
| 2 12:00 50' VIRTUAL CORE | 2 12:00 50' VIRTUAL GAP | 2 12:00 50' VIRTUAL CORE | 2 12:00 50' VIRTUAL GAP | 2 12:00 50' VIRTUAL CORE | 1 11:40 50' BODY PUMP | |
| X 12:15 15' XPRESS CIRCUIT | X 12:15 15' XPRESS CORE | X 12:15 15' XPRESS GLUTEOS | X 12:15 15' XPRESS ABS | X 12:15 15' XPRESS CIRCUIT | 1 15:00 50' ZUMBA | |
| 1 12:45 30' FIIT | 3 12:45 50' CYCLING | 1 12:45 30' FIIT | 1 12:45 50' BODY PUMP | 1 12:45 30' FIIT | 2 16:00 50' PILATES | |
| X 15:00 15' XPRESS ABS | X 15:00 15' XPRESS ABS | X 15:00 15' XPRESS ABS | X 15:00 15' XPRESS ABS | X 15:00 15' XPRESS ABS | X 18:30 15' XPRESS CORE | |
| 2 15:45 50' VIRTUAL CYCLING | 2 15:45 50' VIRTUAL CORE | 2 15:45 50' VIRTUAL GAP | 2 15:45 50' VIRTUAL CORE | 2 15:45 50' VIRTUAL GAP | 2 18:45 50' VIRTUAL GAP | |
| 1 16:30 50' LOCALIZADA | X 16:30 15' XPRESS CIRCUIT | 1 16:30 50' ZUMBA | X 16:30 15' XPRESS CORE | X 16:30 15' XPRESS CORE | | |
| 1 17:30 50' RECHARGE | 2 17:30 50' VIRTUAL GAP | 2 17:30 30' BUM BUM BRASIL | 2 17:30 50' VIRTUAL CYCLING | 2 17:30 50' VIRTUAL CYCLING | | |
| 2 17:45 30' FIIT | 1 17:45 30' FIIT | 1 17:45 30' FIIT | 1 17:45 30' FIIT | 1 17:45 30' FIIT | | |
| 2 18:30 50' DANCE KIDS | 2 18:30 50' BOXE KIDS | 2 18:30 50' KICKBOXING KIDS | 2 18:30 50' DANCE KIDS | 2 18:30 50' KICKBOXING KIDS | | |
| 1 18:30 50' BODY ATTACK | 1 18:30 50' ZUMBA | 1 18:30 50' LOCALIZADA | 1 18:30 30' BUM BUM BRASIL | 1 18:30 50' PILATES | | |
| 2 19:30 50' SALSATION | 2 19:30 50' BOXE | 2 19:30 50' KICKBOXING | 2 19:30 50' BOXE | 2 19:30 50' KICKBOXING | | |
| 1 19:45 50' BODY JUMP | 1 19:45 50' BODY PUMP | 1 19:45 50' BODY JUMP | 1 19:30 50' SALSATION | 3 19:45 50' CYCLING | | |
| X 19:45 15' XPRESS GLÚTEOS | 3 20:00 50' CYCLING | 2 20:30 50' RECHARGE | 3 20:00 50' CYCLING | 1 20:00 50' BODY PUMP | | |
| 2 20:30 30' FIIT | 2 20:30 30' FIIT | 1 20:45 50' BODY PUMP | 2 20:30 30' FIIT | 1 21:00 30' FIIT | | |
| 1 20:45 50' BODY PUMP | 1 20:45 50' PILATES | X 21:30 15' XPRESS ABS | 1 20:45 60' YOGA | X 21:30 15' XPRESS ABS | | |
| X 21:30 15' XPRESS CIRCUIT | X 21:30 15' XPRESS GAP | | X 21:30 15' XPRESS CORE | | | |