

|   | SEGUNDA                                   | TERÇA                                     | QUARTA                              | QUINTA                                    | SEXTA                                     | SABÁDO                                    | DOMINGO                           |
|---|---|---|-------------------------------------|---|---|---|-----------------------------------|
| MANHÃ                                   | X 7:30   30' <b>· FIIT ·</b>              | 2 7:30   50' <b>TOTAL TRAINING</b>        | X 7:15   50' <b>PILATES</b>         | X 7:30   30' <b>· FIIT ·</b>              | X 7:30   30' <b>· FIIT ·</b>              |   |                                   |
|   | 2 8:00   50' <b>CYCLING</b>               | X 8:00   30' <b>· FIIT ·</b>              | X 8:00   30' <b>· FIIT ·</b>        | X 8:00   15' <b>XPRESS ABS</b>            | X 8:00   15' <b>XPRESS ABS</b>            |   |                                   |
|   | X 9:15   15' <b>XPRESS GAP</b>            | X 9:15   15' <b>XPRESS ABS</b>            | X 9:15   15' <b>XPRESS GLUTEOS</b>  | X 9:15   15' <b>XPRESS CIRCUIT</b>        | 3 9:15   50' <b>PILATES</b>               | X 9:15   15' <b>XPRESS ABS</b>            |                                   |
|   | X 10:00   30' <b>· FIIT ·</b>             | X 10:00   30' <b>· FIIT ·</b>             | X 10:00   30' <b>· FIIT ·</b>       | X 10:00   30' <b>· FIIT ·</b>             | X 10:00   30' <b>· FIIT ·</b>             | 3 10:00   50' <b>PILATES</b>              | X 9:15   50' <b>VIRTUAL GAP</b>   |
|   | 1 10:30   50' <b>LOCAL</b>                | 1 10:30   50' <b>seleção</b>              | 1 10:30   50' <b>BODYJUMP</b>       | 1 10:30   50' <b>ZUMBA</b>                | 1 10:30   50' <b>LES MILLS BODYATTACK</b> | X 10:00   15' <b>XPRESS GLUTEOS</b>       | X 10:00   30' <b>· FIIT ·</b>     |
|   | 3 10:30   50' <b>PILATES</b>              | X 11:00   15' <b>XPRESS GLUTEOS</b>       | X 11:00   15' <b>XPRESS GAP</b>     | X 11:00   15' <b>XPRESS GAP</b>           | 2 10:30   50' <b>seleção</b>              | X 10:30   30' <b>· FIIT ·</b>             | 2 10:30   50' <b>CYCLING</b>      |
|   | X 11:15   30' <b>· FIIT ·</b>             | X 11:15   30' <b>· FIIT ·</b>             | X 11:15   30' <b>· FIIT ·</b>       | X 11:15   30' <b>· FIIT ·</b>             | X 11:00   15' <b>XPRESS GAP</b>           | 2 11:00   50' <b>CYCLING</b>              | X 11:00   15' <b>XPRESS ABS</b>   |
|   | X 12:00   15' <b>XPRESS CORE</b>          | X 12:00   15' <b>XPRESS GAP</b>           | X 12:00   15' <b>XPRESS ABS</b>     | X 12:00   15' <b>XPRESS GLUTEOS</b>       | X 11:15   30' <b>· FIIT ·</b>             | X 12:00   15' <b>XPRESS ABS</b>           | X 12:00   50' <b>VIRTUAL CORE</b> |
|   | X 12:15   50' <b>VIRTUAL GAP</b>          | X 12:30   50' <b>VIRTUAL CYCLING</b>      | 2 12:30   45' <b>CYCLING</b>        | X 12:30   50' <b>VIRTUAL GAP</b>          | X 12:00   15' <b>XPRESS CIRCUIT</b>       | 3 12:45   50' <b>LES MILLS BODYCOMBAT</b> |                                   |
|   | 2 12:45   45' <b>CYCLING</b>              | 3 12:45   45' <b>PILATES</b>              | 1 13:30   30' <b>BUM BUM BRASIL</b> | 3 12:45   45' <b>YOGA</b>                 | X 12:30   50' <b>VIRTUAL CYCLING</b>      | X 13:30   50' <b>VIRTUAL CYCLING</b>      |                                   |
| TARDE                                   | X 14:00   50' <b>VIRTUAL CORE</b>         | X 14:00   50' <b>VIRTUAL GAP</b>          | X 14:30   50' <b>VIRTUAL CORE</b>   | X 14:15   50' <b>VIRTUAL CYCLING</b>      | 1 12:45   45' <b>LES MILLS BODYPUMP</b>   | X 14:30   50' <b>VIRTUAL CORE</b>         |                                   |
|   | X 15:00   15' <b>XPRESS ABS</b>           | X 15:00   15' <b>XPRESS GAP</b>           | X 15:30   15' <b>XPRESS ABS</b>     | X 15:30   15' <b>XPRESS CORE</b>          | X 13:30   50' <b>VIRTUAL GAP</b>          | X 15:00   30' <b>· FIIT ·</b>             |                                   |
|   | X 16:00   15' <b>XPRESS GLUTEOS</b>       | X 16:00   15' <b>XPRESS CORE</b>          | X 16:30   15' <b>XPRESS GAP</b>     | X 16:30   15' <b>XPRESS ABS</b>           | X 15:30   15' <b>XPRESS CORE</b>          | X 15:30   15' <b>XPRESS ABS</b>           |                                   |
|   | X 17:00   30' <b>· FIIT ·</b>             | 2 17:00   30' <b>CYCLING</b>              | X 17:00   30' <b>· FIIT ·</b>       | 1 17:30   30' <b>BUM BUM BRASIL</b>       | X 16:30   15' <b>XPRESS CIRCUIT</b>       | 2 17:00   50' <b>CYCLING</b>              |                                   |
|   | 1 18:00   30' <b>BUM BUM BRASIL</b>       | 1 17:30   30' <b>DUMBBELLS</b>            | X 17:30   15' <b>XPRESS GAP</b>     | X 17:30   15' <b>XPRESS ABS</b>           | X 17:00   30' <b>· FIIT ·</b>             | 3 17:00   50' <b>KRAV MAGA</b>            |                                   |
|   | X 18:15   30' <b>· FIIT ·</b>             | X 17:45   15' <b>XPRESS GLUTEOS</b>       | X 18:00   15' <b>XPRESS ABS</b>     | X 18:00   15' <b>XPRESS GLUTEOS</b>       | 3 17:30   50' <b>PILATES</b>              | 1 18:00   50' <b>DUMBBELLS</b>            |                                   |
|   | 2 18:30   50' <b>CYCLING</b>              | X 18:00   30' <b>· FIIT ·</b>             | X 18:15   30' <b>· FIIT ·</b>       | 4 18:15   30' <b>· FIIT ·</b>             | X 18:00   15' <b>XPRESS CORE</b>          | X 19:00   50' <b>VIRTUAL GAP</b>          |                                   |
|   | 3 18:30   45' <b>YOGA KIDS</b>            | X 18:30   50' <b>CROSSTRaining KIDS</b>   | 3 18:30   50' <b>PILATES</b>        | 1 18:30   50' <b>LES MILLS BODYATTACK</b> | X 18:15   30' <b>· FIIT ·</b>             |   |                                   |
|   | 1 18:40   50' <b>LES MILLS BODYATTACK</b> | 3 18:30   50' <b>ZUMBA</b>                | 1 18:40   45' <b>KRAV MAGA KIDS</b> | 3 18:40   50' <b>LES MILLS BODYCOMBAT</b> | 1 18:30   50' <b>LOCAL</b>                |   |                                   |
|   | NOITE                                     | X 19:15   30' <b>· FIIT ·</b>             | 1 18:40   50' <b>LOCAL</b>          | X 19:00   15' <b>XPRESS GLUTEOS</b>       | 2 19:15   50' <b>CYCLING</b>              | 3 18:40   45' <b>KRAV MAGA KIDS</b>       |                                   |
| 3 19:30   50' <b>YOGA</b>               |   | X 19:00   15' <b>XPRESS ABS</b>           | X 19:15   30' <b>· FIIT ·</b>       | X 19:15   30' <b>· FIIT ·</b>             | X 19:00   15' <b>XPRESS ABS</b>           |   |                                   |
| 1 19:40   50' <b>LES MILLS BODYPUMP</b> |   | X 19:15   30' <b>· FIIT ·</b>             | 2 19:30   50' <b>CYCLING</b>        | 1 19:30   50' <b>LES MILLS BODYPUMP</b>   | X 19:15   30' <b>· FIIT ·</b>             |   |                                   |
| X 20:00   15' <b>XPRESS ABS</b>         |   | 1 19:40   50' <b>PILATES</b>              | 1 19:40   50' <b>STEP</b>           | 3 19:40   50' <b>PILATES</b>              | 1 19:30   30' <b>BUM BUM BRASIL</b>       |   |                                   |
| X 20:15   30' <b>· FIIT ·</b>           |   | 3 19:30   50' <b>LES MILLS BODYCOMBAT</b> | 2 19:40   50' <b>seleção</b>        | X 20:00   15' <b>XPRESS GAP</b>           | 2 19:30   50' <b>CYCLING</b>              |   |                                   |
| 2 20:30   50' <b>CYCLING</b>            |   | 2 20:00   50' <b>CYCLING</b>              | X 20:15   30' <b>· FIIT ·</b>       | X 20:15   30' <b>· FIIT ·</b>             | 3 19:40   50' <b>KRAV MAGA</b>            |   |                                   |
| 1 20:40   50' <b>PILATES</b>            |   | X 20:15   30' <b>· FIIT ·</b>             | 1 20:30   50' <b>BODYJUMP</b>       | 2 20:30   50' <b>CYCLING</b>              | X 20:00   15' <b>XPRESS GAP</b>           |   |                                   |
| X 21:00   15' <b>XPRESS GAP</b>         |   | 3 20:30   50' <b>KICKBOXING</b>           | 3 20:40   50' <b>KRAV MAGA</b>      | 1 20:40   50' <b>KICKBOXING</b>           | X 20:15   30' <b>· FIIT ·</b>             |   |                                   |
| X 21:30   50' <b>VIRTUAL CORE</b>       |   | 1 20:40   50' <b>DUMBBELLS</b>            | X 21:00   15' <b>XPRESS GAP</b>     | X 21:00   15' <b>XPRESS ABS</b>           | X 21:00   15' <b>XPRESS GAP</b>           |   |                                   |
|   |   | X 21:00   15' <b>XPRESS GAP</b>           | X 21:30   50' <b>VIRTUAL CORE</b>   | X 21:30   50' <b>VIRTUAL GAP</b>          | X 21:30   50' <b>VIRTUAL CYCLING</b>      |   |                                   |
|   | X 21:30   50' <b>VIRTUAL GAP</b>          |   |                                     |   |   |   |                                   |