

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
x 07:30   30' <b>FIIT</b>	2 07:30   50' <b>TOTAL TRAINING</b>	3 07:15   50' <b>PILATES</b>	1 07:15   45' <b>DUMBBELLS</b>	x 07:30   30' <b>FIIT</b>	x 09:15   15' <b>XPRESS ABS</b>	x 09:15   50' <b>VIRTUAL GAP</b>
1 08:00   50' <b>GAP</b>	x 08:30   30' <b>FIIT</b>	x 08:00   30' <b>FIIT</b>	x 08:00   15' <b>XPRESS ABS</b>	x 08:00   15' <b>XPRESS ABS</b>	1 10:00   50' <b>PILATES</b>	x 10:00   30' <b>FIIT</b>
x 09:30   15' <b>XPRESS ABS</b>	x 09:15   15' <b>XPRESS ABS</b>	x 09:15   15' <b>XPRESS GLÚTEOS</b>	x 09:15   15' <b>XPRESS CIRCUIT</b>	3 09:15   50' <b>PILATES</b>	x 10:00   15' <b>XPRESS GLÚTEOS</b>	2 10:30   50' <b>CYCLING</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>	x 10:30   30' <b>FIIT</b>	x 11:00   15' <b>XPRESS ABS</b>
3 10:30   50' <b>PILATES</b>	1 10:30   50' <b>SALSATION</b>	1 10:30   50' <b>LOCAL</b>	1 10:30   50' <b>ZUMBA</b>	3 10:30   50' <b>SALSATION</b>	2 11:00   50' <b>CYCLING</b>	x 12:00   50' <b>VIRTUAL CORE</b>
x 11:00   15' <b>XPRESS CORE</b>	x 11:00   15' <b>XPRESS GLÚTEOS</b>	x 11:00   15' <b>XPRESS GAP</b>	x 11:00   15' <b>XPRESS GAP</b>	x 11:30   15' <b>XPRESS CIRCUIT</b>	x 12:00   15' <b>XPRESS ABS</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 12:45   30' <b>FIIT</b>	x 13:30   50' <b>VIRTUAL CYCLING</b>	
2 12:45   45' <b>CYCLING</b>	x 12:30   50' <b>VIRTUAL CYCLING</b>	x 12:00   15' <b>XPRESS ABS</b>	x 12:30   50' <b>VIRTUAL GAP</b>	x 13:30   50' <b>VIRTUAL GAP</b>	x 14:30   50' <b>VIRTUAL CORE</b>	
x 14:00   50' <b>VIRTUAL CORE</b>	3 12:45   45' <b>PILATES</b>	2 12:30   45' <b>CYCLING</b>	3 12:45   45' <b>YOGA</b>	x 15:30   15' <b>XPRESS CORE</b>	x 15:00   30' <b>FIIT</b>	
x 16:00   15' <b>XPRESS GLÚTEOS</b>	x 14:00   50' <b>VIRTUAL GAP</b>	1 13:30   30' <b>BUM BUM BRASIL</b>	x 14:15   50' <b>VIRTUAL CYCLING</b>	x 16:30   15' <b>XPRESS CIRCUIT</b>	x 15:30   15' <b>XPRESS ABS</b>	
x 17:00   30' <b>FIIT</b>	x 16:00   15' <b>XPRESS CORE</b>	x 14:30   50' <b>VIRTUAL CORE</b>	x 15:30   15' <b>XPRESS CORE</b>	x 17:00   30' <b>FIIT</b>	1 17:00   50' <b>KRAV MAGA</b>	
x 17:40   15' <b>XPRESS GAP</b>	2 17:00   30' <b>CYCLING</b>	x 16:30   15' <b>XPRESS GAP</b>	x 16:30   15' <b>XPRESS ABS</b>	x 18:00   15' <b>XPRESS CORE</b>	2 17:10   50' <b>CYCLING</b>	
1 18:00   30' <b>BUM BUM BRASIL</b>	1 17:30   30' <b>DUMBBELLS</b>	x 17:00   30' <b>FIIT</b>	1 17:30   30' <b>BUM BUM BRASIL</b>	x 18:15   30' <b>FIIT</b>	1 18:00   50' <b>DUMBBELLS</b>	
x 18:00   15' <b>XPRESS CORE</b>	x 17:45   15' <b>XPRESS GLÚTEOS</b>	x 18:00   15' <b>XPRESS ABS</b>	x 17:30   15' <b>XPRESS ABS</b>	1 18:30   50' <b>LOCAL</b>	x 19:00   50' <b>VIRTUAL GAP</b>	
x 18:15   30' <b>FIIT</b>	x 18:00   30' <b>FIIT</b>	x 18:15   30' <b>FIIT</b>	x 18:00   30' <b>FIIT</b>	3 18:40   45' <b>KRAV MAGA KIDS</b>		
2 18:30   50' <b>CYCLING</b>	x 18:30   45' <b>CROSSTRaining KIDS</b>	1 18:30   50' <b>PILATES</b>	x 18:40   45' <b>CROSSTRaining KIDS</b>	x 19:00   15' <b>XPRESS ABS</b>		
3 18:30   45' <b>YOGA</b>	1 18:30   50' <b>LOCAL</b>	3 18:40   45' <b>KRAV MAGA KIDS</b>	3 18:40   50' <b>BODY COMBAT</b>	x 19:15   30' <b>FIIT</b>		
1 18:40   50' <b>BODY JUMP</b>	3 18:40   50' <b>ZUMBA</b>	x 19:00   15' <b>XPRESS GLÚTEOS</b>	2 19:15   50' <b>CYCLING</b>	2 19:30   50' <b>CYCLING</b>		
x 19:15   30' <b>FIIT</b>	x 19:15   30' <b>FIIT</b>	19:15   30' <b>FIIT</b>	x 19:30   30' <b>FIIT</b>	1 19:40   30' <b>BUM BUM BRASIL</b>		
3 19:30   50' <b>YOGA</b>	1 19:30   50' <b>BODY COMBAT</b>	2 19:20   50' <b>CYCLING</b>	1 19:30   50' <b>STRONG BY ZUMBA</b>	3 19:50   50' <b>KRAV MAGA</b>		
1 19:40   50' <b>DUMBBELLS</b>	3 19:40   50' <b>PILATES</b>	1 19:30   50' <b>DUMBBELLS</b>	3 19:40   50' <b>PILATES</b>	x 20:15   30' <b>FIIT</b>		
x 20:00   15' <b>XPRESS ABS</b>	2 20:00   50' <b>CYCLING</b>	3 19:40   50' <b>SALSATION</b>	x 20:00   15' <b>XPRESS GAP</b>	x 21:00   15' <b>XPRESS GAP</b>		
x 20:15   30' <b>FIIT</b>	x 20:15   30' <b>FIIT</b>	x 20:15   15' <b>FIIT</b>	x 20:15   30' <b>FIIT</b>	x 21:30   50' <b>VIRTUAL CYCLING</b>		
2 20:30   50' <b>CYCLING</b>	3 20:40   50' <b>KICKBOXING</b>	1 20:30   50' <b>BODY JUMP</b>	2 20:30   50' <b>CYCLING</b>			
1 20:40   50' <b>PILATES</b>	x 21:00   15' <b>XPRESS GAP</b>	3 20:40   50' <b>KRAV MAGA</b>	1 20:40   50' <b>KICKBOXING</b>			
x 21:00   15' <b>XPRESS GAP</b>	x 21:30   50' <b>VIRTUAL GAP</b>	x 21:00   15' <b>XPRESS GAP</b>	x 21:00   15' <b>XPRESS ABS</b>			
x 21:30   50' <b>VIRTUAL CORE</b>		x 21:30   50' <b>VIRTUAL CORE</b>	x 21:30   50' <b>VIRTUAL GAP</b>			