

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	4 7:15 50' VIRTUAL CYCLING	2 7:15 50' VIRTUAL GAP	4 7:00 50' CYCLING	2 7:15 50' VIRTUAL GAP	4 7:15 50' VIRTUAL CYCLING		
	1 8:15 50' CROSS TRAINING	1 8:15 50' PILATES	2 7:15 50' VIRTUAL CORE	3 8:15 15' XPRESS GLUTEOS	1 8:15 50' PILATES		
	3 8:30 15' XPRESS CIRCUIT	3 8:30 15' XPRESS GLUTEOS	3 8:30 15' XPRESS ABS	3 8:30 15' XPRESS CIRCUIT	3 8:30 15' XPRESS GAP		
	2 9:00 50' VIRTUAL GAP	2 9:00 50' VIRTUAL CORE	4 9:00 50' VIRTUAL CYCLING	4 9:00 50' VIRTUAL CYCLING	2 9:00 50' VIRTUAL CORE	1 8:30 50' KARATÉ ADULTOS	1 9:45 50' CROSS TRAINING
	3 9:30 30' · FIIT ·	3 9:30 30' · FIIT ·	3 9:30 30' · FIIT ·	3 9:30 30' · FIIT ·	3 9:30 30' · FIIT ·	2 9:30 50' KARATÉ KIDS	2 10:00 50' VIRTUAL CORE
	1 10:15 50' LOCAL	1 10:15 50' PILATES	1 10:15 50' CROSS TRAINING	1 10:15 50' PILATES	4 10:15 50' CYCLING	1 10:00 50' LES MILLS BODYPUMP	4 10:45 50' CYCLING
	3 10:45 15' XPRESS CIRCUIT	3 10:45 15' XPRESS ABS	3 10:45 15' XPRESS CORE	3 10:45 15' XPRESS GAP	3 10:45 15' XPRESS ABS	4 10:30 50' CYCLING	2 11:00 50' VIRTUAL GAP
	2 11:30 50' VIRTUAL CORE	4 11:30 50' VIRTUAL CYCLING	4 11:30 50' VIRTUAL CYCLING	2 11:30 50' VIRTUAL GAP	4 11:30 50' VIRTUAL CYCLING	2 10:30 50' KARATÉ TEENS	3 11:30 15' XPRESS CIRCUIT
	3 12:15 15' XPRESS ABS	3 12:15 15' XPRESS CORE	3 12:15 15' XPRESS CIRCUIT	3 12:15 15' XPRESS CORE	3 12:15 15' XPRESS CORE	3 10:45 15' XPRESS CIRCUIT	
	1 12:30 50' CROSS TRAINING	3 13:00 30' · FIIT ·	2 12:30 50' CROSS TRAINING	4 12:30 50' CYCLING	1 12:30 50' CROSS TRAINING	1 11:00 50' LES MILLS BODYATTACK	
TARDE	2 15:00 50' VIRTUAL CORE	4 15:00 50' VIRTUAL CYCLING	2 15:00 50' VIRTUAL GAP	2 15:00 50' VIRTUAL CORE	4 15:00 50' VIRTUAL CYCLING	4 15:00 50' VIRTUAL CYCLING	
	3 16:30 15' XPRESS CIRCUIT	3 16:30 15' XPRESS CIRCUIT	3 16:30 15' XPRESS GLUTEOS	3 16:30 15' XPRESS ABS	3 16:30 15' XPRESS GLUTEOS	3 16:15 15' XPRESS GAP	
	4 17:00 50' VIRTUAL CYCLING	2 17:00 50' VIRTUAL CORE	2 17:00 50' VIRTUAL CORE	2 17:00 50' VIRTUAL GAP	4 17:00 50' VIRTUAL CYCLING	2 16:30 50' VIRTUAL GAP	
	3 18:00 30' · FIIT ·	3 18:00 30' · FIIT ·	E 17:30 50' CROSS TRAINING	3 18:00 30' · FIIT ·	3 18:00 30' · FIIT ·	3 17:30 15' XPRESS ABS	
	1 18:30 50' BODYJUMP	1 18:30 50' LOCAL	2 18:00 50' KARATÉ KIDS	1 18:30 50' GAP	1 18:30 50' LES MILLS BODYPUMP	4 18:00 50' VIRTUAL CYCLING	
	3 18:30 15' XPRESS GLUTEOS	E 19:00 50' BOOTCAMP	3 18:00 30' · FIIT ·	3 18:45 15' XPRESS ABS	2 19:00 50' STRONG BY ZUMBA		
	3 19:00 50' CROSS TRAINING KIDS	2 19:00 50' ZUMBA	1 18:30 50' BODYJUMP	E 19:00 50' BOOTCAMP	3 19:00 15' XPRESS CORE		
	4 19:00 50' CYCLING	4 19:15 50' CYCLING	4 18:30 50' CYCLING	2 19:00 50' PILATES	E 19:00 50' CROSS TRAINING		
	2 19:15 50' LOCAL	1 19:30 50' LES MILLS BODYATTACK	2 19:00 50' KARATÉ TEENS	3 19:00 50' DANCE KIDS	2 20:00 50' BUM BUM BRASIL		
	3 19:30 15' XPRESS CORE	3 19:30 15' XPRESS ABS	3 19:30 15' XPRESS CORE	4 19:15 50' CYCLING	1 20:00 50' PILATES		
NOITE	3 20:00 30' · FIIT ·	3 20:00 30' · FIIT ·	1 19:30 30' LOCAL	1 19:30 50' LES MILLS BODYPUMP	2 21:00 50' VIRTUAL CORE		
	4 20:30 50' CYCLING	4 20:30 50' CYCLING	3 20:00 30' · FIIT ·	3 20:00 30' · FIIT ·	3 21:15 15' XPRESS CORE		
	1 20:30 50' LES MILLS BODYPUMP	3 20:30 30' TRX	2 20:00 50' KARATÉ ADULTOS	2 20:00 50' KIZOMBA			
	2 21:00 50' VIRTUAL GAP	1 20:30 50' BUM BUM BRASIL	4 20:30 50' CYCLING	3 20:30 30' TRX			
	3 21:15 15' XPRESS ABS	3 21:15 15' XPRESS CORE	1 20:30 50' PILATES	4 20:30 50' CYCLING			
			4 21:00 50' VIRTUAL CYCLING	2 21:00 50' VIRTUAL GAP			
			3 21:15 15' XPRESS GAP				