

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
1 07:15   50' CYCLING	2 07:15   50' DUMBBELLS	1 07:15   50' CYCLING	2 07:15   50' DUMBBELLS	2 07:15   50' BODY ATTACK	X 09:00   15' XPRESS ABS	x 09:30   15' XPRESS ABS
x 08:00   15' XPRESS ABS	x 08:00   50' VIRTUAL CYCLING	x 08:00   15' XPRESS ABS	x 08:00   50' VIRTUAL CYCLING	x 08:00   15' XPRESS ABS	2 09:30   50' CROSSTRaining KIDS	x 10:00   50' VIRTUAL CORE
x 09:15   15' XPRESS CIRCUIT	x 09:15   15' XPRESS ABS	x 09:15   15' XPRESS CIRCUIT	x 09:15   30' XPRESS CIRCUIT	x 09:15   15' XPRESS GLÚTEOS	x 10:00   30' FIIT	1 10:45   50' CYCLING
3 10:00   50' YOGA	3 10:00   50' PILATES	2 10:00   50' LOCAL	3 10:00   50' YOGA	3 10:00   50' PILATES	3 10:00   50' PILATES	x 12:00   15' XPRESS CIRCUIT
x 10:30   30' FIIT	x 10:30   30' FIIT	x 10:30   30' FIIT	x 10:30   30' FIIT	x 10:30   30' FIIT	1 10:30   50' CYCLING	
x 11:00   50' VIRTUAL CYCLING	x 11:00   50' VIRTUAL CORE	x 11:00   50' VIRTUAL CYCLING	x 11:00   50' VIRTUAL CORE	x 11:00   50' VIRTUAL GAP	x 11:00   50' VIRTUAL GAP	
x 11:00   15' XPRESS CIRCUIT	2 11:00   50' BODY JUMP	3 11:00   50' PILATES	2 11:00   50' BUM BUM BRASIL	x 11:00   15' XPRESS ABS	3 11:30   50' BODY PUMP	
2 12:45   50' SALSATION	1 12:45   50' CYCLING	2 12:45   50' BODY PUMP	1 12:45   50' CYCLING	2 12:45   30' SFX CORE	x 12:30   15' XPRESS ABS	
x 12:45   50' VIRTUAL CORE	2 12:45   30' BUM BUM BRASIL	x 12:45   15' XPRESS ABS	x 12:45   15' XPRESS GAP	x 12:45   50' VIRTUAL CYCLING	x 16:00   50' VIRTUAL CYCLING	
x 13:15   30' FIIT	x 13:15   30' FIIT	x 13:15   30' FIIT	x 13:15   30' FIIT	x 13:15   30' FIIT	2 18:00   50' LOCAL	
3 14:30   50' PILATES	x 14:30   50' XPRESS CIRCUIT	x 14:30   15' XPRESS GLÚTEOS	3 14:30   50' PILATES	x 14:30   15' XPRESS CIRCUIT	x 18:30   50' VIRTUAL GAP	
x 15:30   15' XPRESS GAP	x 15:30   15' XPRESS ABS	x 15:30   15' XPRESS CIRCUIT	x 15:30   15' XPRESS ABS	x 15:30   15' XPRESS CORE		
x 16:00   50' VIRTUAL CORE	x 16:00   50' VIRTUAL CYCLING	x 16:00   50' VIRTUAL GAP	x 16:00   50' VIRTUAL CYCLING	x 16:00   50' VIRTUAL CYCLING		
2 17:45   30' BUM BUM BRASIL	2 17:45   50' CROSSTRaining KIDS	2 17:45   30' BUM BUM BRASIL	2 17:45   50' DANCE KIDS	x 18:00   15' XPRESS GLÚTEOS		
x 18:00   15' XPRESS ABS	3 17:30   50' RECHARGE	2 18:30   50' BODY PUMP	x 17:30   15' XPRESS GAP	x 18:15   15' VIRTUAL CYCLING		
3 18:15   50' PILATES	3 18:30   50' BOXE	x 18:30   15' XPRESS ABS	3 17:45   50' YOGA	3 18:30   50' BODY PUMP		
2 18:30   50' BODY PUMP	2 18:45   30' BUM BUM BRASIL	3 18:45   50' ZUMBA	2 18:45   30' BUM BUM BRASIL	2 18:45   50' SALSATION		
x 19:00   30' FIIT	x 19:00   30' FIIT	x 19:00   30' FIIT	x 19:00   30' FIIT	x 19:00   30' FIIT		
2 19:30   50' BODY COMBAT	2 19:30   50' BODY PUMP	1 19:15   50' CYCLING	2 19:30   50' BODY PUMP	1 19:15   50' CYCLING		
3 19:30   50' YOGA	3 19:30   50' BODY JUMP	2 19:30   50' BODY ATTACK	x 19:45   15' XPRESS GAP	3 19:30   50' BODY JUMP		
1 19:45   50' CYCLING	x 19:45   15' XPRESS ABS	3 19:45   50' YOGA	x 19:45   50' VIRTUAL CYCLING	x 20:45   50' VIRTUAL CORE		
x 20:00   30' FIIT	x 20:00   30' FIIT	x 20:00   30' FIIT	x 20:00   30' FIIT	x 21:30   15' XPRESS ABS		
3 20:30   50' BOXE	3 20:30   50' BOXE	x 20:45   50' VIRTUAL CYCLING	3 20:30   50' BOXE			
x 20:45   50' VIRTUAL CYCLING	2 20:30   50' PILATES	x 21:30   15' XPRESS ABS	2 20:30   30' SFX CORE			
x 21:30   15' XPRESS ABS	x 20:45   50' VIRTUAL GAP		x 20:45   50' VIRTUAL CYCLING			
	x 21:30   15' XPRESS ABS		x 21:30   15' XPRESS ABS			