

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
X 07:30 30' FIIT	3 07:30 50' PILATES	X 07:30 30' FIIT	2 07:30 50' VIRTUAL CORE	2 08:15 50' VIRTUAL CYCLING	2 08:30 50' VIRTUAL CORE	X 10:15 15' XPRESS ABS
2 08:15 50' VIRTUAL CORE	4 08:15 50' KICKBOXING	2 08:15 50' VIRTUAL GAP	4 08:15 50' KICKBOXING	3 09:00 50' GAP	2 09:30 50' VIRTUAL CYCLING	3 10:30 50' CYCLING
3 09:00 50' DUMBBELLS	X 09:00 30' FIIT	1 09:00 50' CYCLING	X 09:00 50' FIIT	X 09:00 15' XPRESS CORE	X 10:00 15' XPRESS GAP	X 11:30 30' FIIT
X 09:00 15' XPRESS CORE	X 09:45 15' XPRESS GLÚTEOS	X 09:00 15' XPRESS GAP	X 09:45 15' XPRESS ABS	X 10:00 30' FIIT	3 10:30 50' BODY PUMP	2 11:45 50' VIRTUAL GAP
X 10:00 30' FIIT	X 10:00 30' FIIT	X 10:00 30' FIIT	X 10:00 30' FIIT	3 10:30 50' PILATES	2 10:45 50' ZUMBA	
3 10:30 50' SALSATION	3 10:30 50' GAP	3 10:30 50' PILATES	1 10:30 50' DUMBBELLS	X 10:45 15' XPRESS GAP	X 11:30 15' XPRESS CORE	
X 10:45 15' XPRESS GAP	X 10:45 15' XPRESS ABS	X 10:45 15' XPRESS GLÚTEOS	X 10:45 15' XPRESS GAP	X 11:30 30' FIIT	1 11:30 50' CYCLING	
X 11:30 30' FIIT	X 11:30 30' FIIT	X 11:30 30' FIIT	X 11:30 30' FIIT	2 12:30 50' VIRTUAL CORE	X 12:15 15' XPRESS ABS	
2 11:45 50' YOGA	2 12:30 50' BUM BUM BRASIL	2 12:30 50' VIRTUAL CORE	3 12:30 50' BUM BUM BRASIL	3 12:45 50' LOCAL	2 13:00 50' VIRTUAL GAP	
4 12:45 50' BOXE	3 12:45 50' BODY JUMP	1 12:30 50' CYCLING	4 12:45 50' BOXE	2 13:30 50' VIRTUAL CYCLING	2 14:00 50' VIRTUAL CORE	
3 13:00 50' GAP	X 13:30 15' XPRESS CORE	3 12:45 50' BODY PUMP	2 13:00 50' MINDFULNESS	X 14:30 15' XPRESS CORE	2 15:00 50' VIRTUAL CYCLING	
X 14:30 15' XPRESS ABS	X 14:30 15' XPRESS GAP	X 14:30 15' XPRESS CORE	X 14:30 15' XPRESS GAP	2 14:45 50' VIRTUAL CORE	X 15:45 15' XPRESS GLÚTEOS	
2 14:45 50' VIRTUAL CORE	2 14:45 50' VIRTUAL CYCLING	2 14:45 50' VIRTUAL CYCLING	2 14:45 50' VIRTUAL CYCLING	X 15:15 15' XPRESS GLÚTEOS	2 16:00 50' VIRTUAL GAP	
X 15:15 15' XPRESS CORE	X 15:15 15' XPRESS GLÚTEOS	X 15:15 15' XPRESS GAP	X 15:15 15' XPRESS CORE	2 15:45 50' VIRTUAL CYCLING	3 16:30 50' TOTAL TRAINING	
2 15:45 50' VIRTUAL GAP	2 15:45 50' VIRTUAL CORE	2 15:45 50' VIRTUAL CORE	2 15:45 50' VIRTUAL GAP	X 16:00 15' XPRESS GAP	X 17:30 30' FIIT	
X 16:00 15' XPRESS GLÚTEOS	X 16:00 15' XPRESS ABS	X 16:00 15' XPRESS GLÚTEOS	X 16:00 15' XPRESS GAP	2 16:45 50' VIRTUAL GAP		
3 16:30 50' LOCAL	1 16:30 50' CYCLING	3 16:30 50' ZUMBA	3 16:30 50' PILATES	X 16:45 15' XPRESS CORE		
X 16:45 15' XPRESS GAP	X 16:45 15' XPRESS CORE	X 16:45 15' XPRESS ABS	X 16:45 15' XPRESS GLÚTEOS	X 17:00 30' FIIT		
X 17:00 30' FIIT	X 17:00 30' FIIT	X 17:00 30' FIIT	X 17:00 30' FIIT	1 17:30 50' CYCLING		
2 17:30 50' TOTAL TRAINING	3 17:30 50' PILATES	3 17:30 50' GAP	3 17:30 50' BODY JUMP	X 17:30 15' XPRESS GLÚTEOS		
X 18:00 15' XPRESS ABS	X 18:00 15' XPRESS GAP	X 18:00 15' XPRESS CORE	X 18:00 15' XPRESS ABS	X 18:00 15' XPRESS ABS		
4 18:15 50' BOXE KIDS	4 18:15 50' KICKKIDS	2 18:15 50' DANCE KIDS	4 18:15 50' KICKKIDS	X 18:15 30' FIIT		
X 18:15 30' FIIT	X 18:15 30' FIIT	X 18:15 30' FIIT	X 18:15 30' FIIT	3 18:30 50' GAP		
2 18:15 50' ZUMBA	2 18:30 30' BUM BUM BRASIL	3 18:30 50' PILATES	1 18:30 50' CYCLING	4 18:45 50' MMA		
3 18:30 50' BODY ATTACK	3 18:45 50' TOTAL TRAINING	4 18:45 50' DEFESA PESSOAL	2 18:45 50' FIGHT TEAM	X 19:00 15' XPRESS GLÚTEOS		
1 18:45 50' CYCLING	X 19:00 15' XPRESS CORE	X 19:00 15' XPRESS GLÚTEOS	X 19:00 15' XPRESS GAP	2 19:00 50' ZUMBA		
4 19:15 50' MMA	1 19:00 50' CYCLING	X 19:15 30' FIIT	4 19:15 50' KRAVAGA	X 19:15 50' FIIT		
X 19:15 30' FIIT	X 19:15 30' FIIT	2 19:30 50' BODY ATTACK	X 19:15 30' FIIT	X 19:45 15' XPRESS CORE		
2 19:30 50' BUM BUM BRASIL	2 19:30 50' KRAV MAGA	3 19:30 50' ZUMBA	3 19:30 50' BODY PUMP	3 20:00 50' TOTAL TRAINING		
3 19:15 50' BODY JUMP	3 19:45 50' BODY PUMP	1 19:45 50' CYCLING	X 19:45 15' XPRESS CORE	X 20:15 30' FIIT		
X 20:00 15' XPRESS GAP	X 20:00 15' XPRESS ABS	X 20:00 15' XPRESS CORE	X 20:00 15' XPRESS GAP	4 20:30 50' BOXE		
4 20:15 50' BOXE	4 20:00 50' KICKBOXING	4 20:00 50' BOXE	2 20:15 50' YOGA	X 20:45 15' XPRESS GAP		
X 20:15 30' FIIT	X 20:15 30' FIIT	X 20:15 30' FIIT	X 20:15 30' FIIT	2 21:00 50' VIRTUAL GAP		
3 20:30 50' BODY PUMP	2 20:30 50' MINDFULNESS	2 20:45 50' PILATES	4 20:15 50' KICK BOXING	2 22:00 50' VIRTUAL CYCLING		
1 20:30 50' CYCLING	1 20:45 50' CYCLING	3 20:45 50' BODY PUMP	1 20:30 50' CYCLING			
2 20:45 50' PILATES	3 20:45 30' BUM BUM BRASIL	X 20:45 15' XPRESS GLÚTEOS	X 20:45 15' XPRESS CORE			
X 20:45 15' XPRESS CORE	X 20:45 15' XPRESS ABS	2 22:00 50' VIRTUAL CORE	2 22:00 50' VIRTUAL CYCLING			
2 22:00 50' VIRTUAL CORE	2 22:00 50' VIRTUAL GAP					