

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
3 07:30 50' ● CYCLING	2 08:50 50' ● PILATES	4 07:30 15' ● XPRESS GAP	2 08:50 50' ● PILATES	3 07:30 50' ● CYCLING	4 09:30 15' ● XPRESS ABS	1 09:30 50' ● LOCAL
4 08:00 15' ● XPRESS CIRCUIT	4 09:00 30' ● FIIT	4 08:00 15' ● XPRESS CIRCUIT	4 09:00 30' ● FIIT	4 08:00 15' ● XPRESS CIRCUIT	1 10:00 50' ● BODY PUMP	4 10:00 15' ● XPRESS CORE
1 09:30 50' ● ZUMBA	1 09:30 50' ● TOTAL TRAINING	2 09:30 50' ● BODY ATTACK	1 09:30 50' ● DUMBBELLS	1 09:30 50' ● TOTAL TRAINING	2 10:10 50' ● YOGA	3 10:30 50' ● CYCLING
4 10:00 15' ● XPRESS CORE	4 10:00 15' ● XPRESS GAP	4 10:00 15' ● XPRESS ABS	4 10:00 15' ● XPRESS CIRCUIT	4 10:00 15' ● XPRESS GAP	4 10:30 15' ● XPRESS GAP	4 11:00 15' ● XPRESS CIRCUIT
1 10:30 50' ● BODY PUMP	3 10:30 50' ● CYCLING	1 10:30 50' ● ZUMBA	2 10:30 50' ● BODY ATTACK	2 10:30 50' ● BODY JUMP	4 11:00 30' ● FIIT	
4 11:00 30' ● FIIT	4 11:00 30' ● FIIT	4 11:00 30' ● FIIT	4 11:00 30' ● FIIT	4 11:00 30' ● FIIT	3 11:00 50' ● CYCLING	
4 12:00 50' ● VIRTUAL GAP	4 11:30 15' ● XPRESS ABS	4 12:00 50' ● VIRTUAL CORE	4 12:00 50' ● VIRTUAL GAP	4 12:00 50' ● VIRTUAL CYCLING	2 11:15 50' ● CROSSTRaining KIDS	
1 12:45 50' ● CIRCUIT TRAINING	4 12:00 50' ● VIRTUAL CYCLING	1 12:45 50' ● DUMBBELLS	3 12:45 50' ● CYCLING	1 12:45 50' ● SFX CORE	4 16:00 50' ● VIRTUAL GAP	
4 16:00 50' ● VIRTUAL CYCLING	1 12:45 50' ● BODY ATTACK	4 16:00 50' ● VIRTUAL GAP	4 16:00 50' ● VIRTUAL CYCLING	4 16:00 50' ● VIRTUAL CORE	1 16:30 50' ● KICKBOXING	
2 16:30 50' ● PILATES	4 16:00 50' ● VIRTUAL CORE	1 17:30 50' ● PILATES	2 16:30 50' ● PILATES	2 16:00 50' ● RECHARGE	4 16:30 15' ● XPRESS ABS	
1 17:30 50' ● GAP	2 16:30 50' ● RECHARGE	4 17:45 15' ● XPRESS GAP	1 17:30 50' ● GAP	1 17:30 50' ● SFX CORE	4 17:00 50' ● VIRTUAL CORE	
4 17:45 15' ● XPRESS CORE	4 17:30 15' ● XPRESS GAP	2 18:00 50' ● TOTAL TRAINING	2 17:45 50' ● BODY JUMP	4 17:30 15' ● XPRESS GLÚTEOS	4 18:00 30' ● FIIT	
4 18:00 30' ● FIIT	4 18:00 30' ● FIIT	4 18:00 30' ● FIIT	4 18:00 30' ● FIIT	4 18:00 30' ● FIIT	1 18:10 50' ● LOCAL	
3 18:10 50' ● CYCLING	3 18:10 50' ● CYCLING	1 18:30 50' ● DUMBBELLS	3 18:15 50' ● CYCLING	2 18:15 50' ● TOTAL TRAINING	4 19:00 15' ● XPRESS CIRCUIT	
2 18:20 50' ● ZUMBA	2 18:20 50' ● CROSSTRaining KIDS	4 18:45 15' ● XPRESS CORE	1 18:30 50' ● FIGHT TEAM	1 18:30 50' ● ZUMBA	4 19:30 15' ● XPRESS CORE	
1 18:30 50' ● SFX CORE	1 18:30 50' ● LOCAL	2 19:00 50' ● BODY JUMP	4 18:30 15' ● XPRESS ABS	2 19:00 50' ● ZUMBA KIDS		
4 19:00 30' ● FIIT	4 19:00 30' ● FIIT	4 19:00 30' ● FIIT	4 19:00 30' ● FIIT	4 19:00 30' ● FIIT		
3 19:10 50' ● CYCLING	3 19:10 50' ● CYCLING	1 19:30 50' ● GAP	2 19:30 50' ● BODY PUMP	3 19:15 50' ● CYCLING		
2 19:20 50' ● BODY JUMP	2 19:20 50' ● FIGHT TEAM	3 19:40 50' ● CYCLING	4 19:30 15' ● XPRESS ABS	1 19:30 50' ● DUMBBELLS		
1 19:30 50' ● TOTAL TRAINING	1 19:30 50' ● DUMBBELLS	4 19:45 15' ● XPRESS ABS	4 19:45 15' ● XPRESS GAP	2 20:00 50' ● BODY ATTACK		
4 20:00 30' ● FIIT	4 20:00 30' ● FIIT	4 20:00 30' ● FIIT	4 20:00 30' ● FIIT	4 20:00 30' ● FIIT		
2 20:20 50' ● PILATES	2 20:30 50' ● YOGA	2 20:00 50' ● ZUMBA	2 20:30 50' ● YOGA	4 20:30 15' ● XPRESS GAP		
1 20:30 50' ● BODY PUMP	4 20:45 15' ● XPRESS CORE	4 20:30 15' ● XPRESS GAP	4 20:45 15' ● XPRESS CORE	4 20:40 50' ● VIRTUAL CYCLING		
4 20:45 15' ● XPRESS CIRCUIT	4 21:15 15' ● XPRESS ABS	4 21:00 15' ● XPRESS CIRCUIT	4 21:15 15' ● XPRESS CIRCUIT	4 21:00 15' ● XPRESS ABS		