

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	3 8:30 30' CYCLING	3 7:45 30' CYCLING	X 8:30 15' XPRESS GLUTEOS	1 7:15 50' PILATES	1 8:30 50' PILATES	X 8:30 50' VIRTUAL CORE	
	2 9:30 30' LES MILLS BODYPUMP	X 9:30 15' XPRESS GAP	X 9:30 15' XPRESS ABS	X 9:30 15' XPRESS GLUTEOS	X 9:30 15' XPRESS CIRCUIT	2 9:30 30' LES MILLS BODYATTACK	X 9:30 50' VIRTUAL GAP
	X 10:00 30' · FIIT ·	X 10:00 30' · FIIT ·	X 10:00 30' · FIIT ·	X 10:00 30' · FIIT ·	X 10:00 30' · FIIT ·	X 10:00 30' · FIIT ·	X 10:30 15' XPRESS GLUTEOS
	C2 10:15 15' XPRESS CIRCUIT	C2 10:15 15' XPRESS GLUTEOS	C2 10:15 15' XPRESS GAP	C2 10:15 15' XPRESS ABS	C2 10:15 15' XPRESS CORE	1 10:15 50' PILATES	3 10:45 50' CYCLING
	1 10:30 50' PILOXING	2 10:30 50' YOGA	2 10:30 50' SFXCORE	1 10:30 50' BODYJUMP	2 10:30 50' GAP	C2 10:30 50' CROSS TRAINING	X 11:00 50' VIRTUAL CORE
	X 10:45 50' VIRTUAL CYCLING	X 10:45 50' VIRTUAL CORE	X 10:45 50' VIRTUAL GAP	X 10:45 50' VIRTUAL CYCLING	X 10:45 50' VIRTUAL CORE	R 10:45 50' KICKBOXING KIDS	X 12:15 15' XPRESS CIRCUIT
	2 11:30 50' LOCAL	1 11:30 50' BODYJUMP	1 11:30 50' RECHARGE	2 11:30 50' LES MILLS BODYATTACK	C2 11:30 50' CROSS TRAINING	2 11:30 50' LES MILLS BODYPUMP	
	X 12:45 30' · FIIT ·	X 12:45 30' · FIIT ·	X 12:45 30' · FIIT ·	X 12:45 30' · FIIT ·	X 12:45 30' · FIIT ·	X 12:45 50' VIRTUAL GAP	
	X 13:30 15' XPRESS CIRCUIT	X 13:30 15' XPRESS ABS	X 13:30 15' XPRESS CORE	X 13:30 15' XPRESS CIRCUIT	X 13:30 15' XPRESS CORE	X 13:30 15' XPRESS CIRCUIT	
TARDE	X 14:00 50' VIRTUAL GAP	X 14:00 50' VIRTUAL CYCLING	X 14:00 50' VIRTUAL GAP	X 14:00 50' VIRTUAL CORE	X 14:00 50' VIRTUAL GAP	X 14:00 50' VIRTUAL CYCLING	
	X 15:00 15' XPRESS ABS	X 15:00 15' XPRESS GLUTEOS	X 15:00 15' XPRESS CIRCUIT	X 15:00 15' XPRESS ABS	X 15:00 15' XPRESS CIRCUIT	X 15:00 15' XPRESS CORE	
	X 15:30 50' VIRTUAL CORE	X 15:30 50' VIRTUAL GAP	X 15:30 50' VIRTUAL CYCLING	X 15:30 50' VIRTUAL GAP	X 15:30 50' VIRTUAL CYCLING	2 15:30 50' DEFESA PESSOAL KIDS	
	2 16:45 50' STEP	X 16:45 15' XPRESS CORE	1 16:45 50' LES MILLS BODYBALANCE	X 16:45 15' XPRESS GLUTEOS	X 16:45 15' XPRESS CORE	3 16:45 50' CYCLING	
	X 17:15 30' · FIIT ·	X 17:15 30' · FIIT ·	X 17:15 30' · FIIT ·	X 17:15 30' · FIIT ·	X 17:15 30' · FIIT ·	X 17:15 30' · FIIT ·	
	1 17:30 50' ZUMBA	2 17:30 50' PILATES	2 17:30 50' ZUMBA	2 17:15 50' SFXCORE	1 17:30 50' LES MILLS BODYBALANCE	2 17:30 90' DEFESA PESSOAL	
	2 18:15 50' LES MILLS BODYATTACK	1 18:00 30' PILOXING	1 18:15 50' BODYJUMP	2 18:15 50' LES MILLS BODYPUMP	X 18:15 15' XPRESS ABS	X 18:30 50' VIRTUAL CORE	
	1 18:30 50' LES MILLS BODYCOMBAT	2 18:30 50' LES MILLS BODYPUMP	2 18:30 50' LES MILLS BODYCOMBAT	3 18:30 50' CYCLING	2 18:30 50' GAP		
	X 18:30 15' XPRESS GLUTEOS	X 18:30 15' XPRESS CIRCUIT	R 18:30 60' DEFESA PESSOAL WOMAN	1 18:30 50' PILOXING	X 18:30 15' XPRESS CIRCUIT		
NOITE	C2 18:45 50' CROSSTRaining KIDS	1 18:45 50' ZUMBA KIDS	C2 18:45 50' CROSS TRAINING	C2 18:45 50' CROSSTRaining KIDS	1 18:45 45' LES MILLS BODYATTACK		
	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 19:15 50' SFXCORE	C2 19:15 50' CROSS TRAINING	1 19:15 50' LOCAL	2 19:15 50' LES MILLS BODYCOMBAT	3 19:15 50' CYCLING		
	3 19:30 50' CYCLING	3 19:30 50' CYCLING	2 19:30 60' DEFESA PESSOAL	3 19:30 50' CYCLING	2 19:30 50' LES MILLS BODYCOMBAT		
	1 19:30 50' LES MILLS BODYBALANCE	2 19:30 50' SFXCORE	X 19:30 15' XPRESS CIRCUIT	X 19:30 15' XPRESS ABS	1 19:45 50' ZUMBA		
	R 19:45 60' KICKBOXING	1 19:45 50' ZUMBA	R 19:45 60' KICKBOXING	1 19:45 50' STEP	R 19:45 60' BOXE		
	X 20:00 30' · FIIT ·	X 20:00 30' · FIIT ·	X 20:00 30' · FIIT ·	X 20:00 30' · FIIT ·	X 20:00 30' · FIIT ·		
	1 20:30 50' PILATES	2 20:30 50' YOGA	1 20:30 50' PILOXING	2 20:30 50' LES MILLS BODYBALANCE	2 20:30 50' YOGA		
	X 21:00 15' XPRESS ABS	X 21:00 15' XPRESS GAP	X 21:00 15' XPRESS GLUTEOS	X 21:00 15' XPRESS CIRCUIT	X 21:00 15' XPRESS GLUTEOS		
	X 21:30 50' VIRTUAL CYCLING	X 21:30 50' VIRTUAL CORE	X 21:30 50' VIRTUAL GAP	X 21:30 50' VIRTUAL CYCLING	X 21:30 50' VIRTUAL CORE		