

SEGUNDA			TERÇA			QUARTA			QUINTA			SEXTA			SÁBADO			DOMINGO		
07:00	Indoor Cycle	III 45' CS	07:00	Cross Training	III 45' CZ	07:00	Indoor Cycle	III 45' CS	07:00	Yoga	II 45' ST 2	07:00	Indoor Cycle	III 45' CS						
08:00	Abs Express	15' CZ	08:00	Abs Express	15' CZ	07:50	Core Fit	II 30' ST 1	08:00	Abs Express	15' CZ	07:00	Cross Training	III 45' CZ	09:00	Yoga	II 45' ST 2	10:00	Zumba	I 60' ST 1
						08:00	Abs Express	15' CZ				08:00	Abs Express	15' CZ	10:30	Indoor Cycle	III 45' CS	10:30	Indoor Cycle	III 45' CS
09:15	Gap	II 45' ST 1	09:15	Core Fit	II 30' ST 1	09:15	Local Fit	II 45' ST 1	09:15	Core Fit	II 30' ST 1	09:15	Pilates	II 45' ST 2	11:30	Body Pump	II 45' ST 1			
			09:50	Stretching	I 45' ST 2				09:50	Stretching	I 45' ST 2									
13:15	Pilates	II 45' ST 1	13:15	Local Fit	II 45' ST 1	13:15	Pilates	II 45' ST 1	13:15	Gap	II 45' ST 1	13:15	Body Pump	II 45' ST 1						
18:25	Local Fit	II 45' ST 1	18:45	BodyCombat	III 30' ST 1	17:00	Nutritime	30' RC	19:00	Abs Express	15' CZ	18:30	Yoga	II 45' ST 1						
19:00	Abs Express	15' CZ	19:00	Abs Express	15' CZ	18:25	Local Fit	II 45' ST 1	19:00	BodyCombat	III 45' ST 1	19:00	Abs Express	15' CZ						
18:30	Yoga	II 45' ST 2	19:20	Pilates	II 45' ST 2	19:00	Abs Express	15' CZ	19:20	Pilates	II 45' ST 2	19:30	Fat Burn	III 45' ST 1						
19:20	Body Pump	II 45' ST 1	19:30	Local Fit	II 45' ST 1	19:20	Body Pump	II 45' ST 1	19:30	Indoor Cycle	III 45' CS	19:30	Indoor Cycle	III 45' CS						
20:00	Abs Express	15' CZ	19:30	Indoor Cycle	III 45' CS	19:30	Indoor Cycle	III 45' CS	20:00	Abs Express	15' CZ	20:00	Abs Express	15' CZ						
19:30	Indoor Cycle	III 45' CS	20:00	Abs Express	15' CZ	20:00	Abs Express	15' CZ	20:00	Zumba	I 60' ST 1									
20:15	Zumba	I 60' ST 1	20:20	Fat Burn	III 45' ST 1	20:15	Zumba	I 60' ST 1	20:20	Pilates	II 45' ST 2									
			20:20	Pilates	II 45' ST 2															

AULAS EXTRAS

18:45	Karaté Kids	60' ST 3	06:00	Jiu-Jitsu	60' ST 2	18:30	Jiu-Jitsu Kids	45' ST 2	06:00	Jiu-Jitsu	60' ST 2	18:30	Jiu-Jitsu Kids	45' ST 2	10:00	Muay Thai	120' ST 3
19:45	Karaté	60' ST 2	19:00	Boxe	120' ST 3	18:45	Karaté Kids	60' ST 3	19:00	Boxe	120' ST 3	18:30	Karaté Mix	60' ST 3			
20:00	Boxe	120' ST 3	21:15	Jiu-Jitsu	60' ST 2	19:45	Karaté	60' ST 2	21:15	Jiu-Jitsu	60' ST 2	19:30	Jiu-Jitsu	60' ST 2			
						20:00	Muay Thai	120' ST 3				20:00	Muay Thai	120' ST 3			