

	SEGUNDA				TERÇA				QUARTA				QUINTA				SEXTA				SÁBADO				DOMINGO					
	Tmp	Sala	Tipo		Tmp	Sala	Tipo		Tmp	Sala	Tipo		Tmp	Sala	Tipo		Tmp	Sala	Tipo		Tmp	Sala	Tipo		Tmp	Sala	Tipo			
06:15	45	1			45	1			45	1			45	1			45	1												
	LOCALIZADA				CYCLING				POWER JUMP				CYCLING				PILATES													
07:00	45	1			45	2			45	1			45	2			45	1												
	CYCLING				FITWALKING®				LOCALIZADA				FITWALKING®				CYCLING													
07:45	15	1			15	1			15	1			15	1			15	1												
	CORE				CORE				CORE				CORE				CORE													
09:00	45	2			45	1			45	1			45	1			45													
	FITWALKING®				CYCLING				LOCALIZADA				CYCLING				GAP													
09:30	60								60								60													
	CROSSTRaining								CROSSTRaining								CROSSTRaining													
09:45	15	1			15	1			15	1			15	1			15	1												
	CORE				CORE				CORE				CORE				CORE													
10:00	45	1			45				45	1			45	1			45	1			45	1			45	1		45	1	
	PILATES				GAP				PILATES				LOCALIZADA				PILATES				PILATES				CYCLING					
10:45	15	1			15	1			15	1			15	1			15	1												
	CORE				CORE				CORE				CORE				CORE													
11:00																					45	1								
																					CYCLING									
12:30	60				60				60				60				60													
	CROSSTRaining				CROSSTRaining				CROSSTRaining				CROSSTRaining				CROSSTRaining													
12:45	50	1							50	1							50	1												
	VIRTUAL CYCLING								VIRTUAL CYCLING								VIRTUAL CYCLING													
16:00	60				50	1			60				50	1			60													
	CROSSTRaining				VIRTUAL CYCLING				CROSSTRaining				VIRTUAL CYCLING				CROSSTRaining													
17:00	50	1							50	1																				
	VIRTUAL CYCLING								VIRTUAL CYCLING																					
17:15	60				60				60				60				60													
	CROSSTRaining				CROSSTRaining				CROSSTRaining				CROSSTRaining				CROSSTRaining													
18:00	45	1							45	1							45	1												
	ZUMBA								ZUMBA								LOCALIZADA													
18:30	60				60				60				60				60				45	1								
	CROSSTRaining				CROSSTRaining				CROSSTRaining				CROSSTRaining				CROSSTRaining				VIRTUAL CYCLING									
18:45	15	1			15	1			15	1			15	1			15	1												
	CORE				CORE				CORE				CORE				CORE													
19:00	45	1			45	1			45	1			45				45	1												
	CYCLING				LOCALIZADA				CYCLING				POWER GLÚTEO				CYCLING													
	45	1			45	1			45	1			45	1			45	1												
	PILATES				YOGA				PILATES				YOGA				PILATES													
	45	1			45	1			45	1			45	1																
	POWER JUMP				CYCLING				POWER JUMP				CYCLING																	
19:30	15	1			15	1			15	1			15	1			15	1												
	CORE				CORE				CORE				CORE				CORE													
19:45	45	1							45	1																				
	LOCALIZADA								BODY PUMP																					