

# OUTUBRO 2024

	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
7h15	TRX	Cycling	Circuit Training Pilates	RPM	Grit		
7h30							
8h00							
8h30	FIT 15'	ABS 15'	ABS 15'	FIT 15'	ABS 15'		
8h45			GAP 30'				
9h00	Pilates		Pilates		Pilates		
9h15		Cycling					
9h30	Full Body	GAP 30'	Zumba	Body Pump		Body Pump	Pilates Yourfit Ride
9h45	Circuit Training	TRX	Funcional	Cross Training	Hiit		
10h00	Pilates	Corpo e Mente	Yoga	Corpo e Mente	Pilates Clínico	Pilates	
10h15	RPM		Cycling		Cycling		
10h30	Yourfit Jump	Zumba	Full Body	Step	GAP 30'	Body Combat	Yourfit Pump
10h45		Circuit Training	TRX			Cross Training	GAP 30'
11h00		Pilates Clínico		Pilates			Yoga
11h15						Cycling	
11h30							Zumba
11h45							
12h30							
12h45	RPM	Grit	Pilates Clínico ABS 15'	Circuit Training	TRX		
15h00	Pilates				Pilates		
15h15							
15h30		Pilates	Zumba				
16h30							
16h45						GAP 30'	
17h00		Pilates Clínico		Pilates			
17h15							
17h30	Yourfit Pump		Step	Body Pump	Pilates Clínico	Hiit Zumba	
17h45	Circuit Training	TRX	Hiit	GAP 30'	Circuit Training		
18h00	Pilates	Pilates	Yoga	Pilates		Pilates	
18h15	Cycling	RPM	Cycling	Cycling	Cycling		
18h30	Body Combat	Full Body	Body Pump	Zumba	Body Pump	Power Jump	
18h45	TRX	Circuit Training	GAP 30'	Funcional			
19h00	Pilates	Pilates		Yoga			
19h15	RPM	Cycling	RPM				
19h30	Zumba	Body Pump	Body Combat	Yourfit Jump	Grit		
19h45	Circuit Training	Cross Training	TRX	Circuit Training			
20h00							
20h15							
20h30							
20h45	Fit Boxe						
21h00	Power Jump		Corpo e Mente		Cycling		
21h15	Cycling			Cycling			
21h30	ABS 15'	FIT 15'	ABS 15'	FIT 15'	ABS 15'		

SALA DE EXERCÍCIO

FUNCIONAL

MAIS

CYCLING

HOLÍSTICAS

ESTÚDIOS

ALTERAÇÕES



DESCARREGA O MAPA