



	2ª FEIRA	3ª FEIRA	4ª FEIRA	5ª FEIRA	6ª FEIRA	SÁBADO	DOMINGO
7h15	TRX	Body Pump	Pilates	Cycling			
7h30							
8h00							
8h30							
8h45			GAP 30'				
9h00	Pilates	Cross Training	Pilates		Pilates		
9h15		Cycling		RPM			
9h30	Full Body	ABS	Zumba	GAP 30'		Body Pump	Pilates RPM
9h45	Circuit Training	TRX	Funcional	Cross Training		GAP 30'	
10h00	Pilates	Corpo e Mente	Pilates Clínico	Corpo e Mente		Pilates	
10h15	RPM		Cycling		Cycling		
10h30	Zumba	Body Pump	Full Body	Fit Brasil	GAP 30'	Body Combat	Body Pump
10h45	Cross Training	Circuit Training	TRX	Funcional	Funcional	Cross Training	GAP 30'
11h00		Pilates		Pilates			Yoga
11h15						Cycling	
11h30	ABS			Full Body	Body Pump	Salsation	Zumba
11h45							
12h30	Tai-Chi	Pilates Clínico	Cycling				
12h45	RPM			Circuit Training	TRX		
15h00	Pilates				Pilates		
15h15							
15h30	GAP 30'	Pilates	Zumba				
15h45							
16h45							
17h00				Pilates Clínico			
17h15							
17h30			GAP 30'	Full Body			
17h45	Circuit Training		HiIT	GAP 30'	Circuit Training		
18h00	Pilates	Pilates	Yoga		Pilates		
18h15	RPM	Cycling		Cycling	RPM		
18h30	Fit Brasil	Body Combat	Body Pump	Zumba	Body Pump		
18h45	TRX	Funcional	Fit Boxe	Funcional	GAP 30'		
19h00	Pilates	Pilates	Corpo e Mente	Pilates			
19h15	Cycling	Cycling	Cycling	RPM	Cycling		
19h30	Body Combat	Salsation	Body Attack	Body Pump	Body Attack		
19h45	Circuit Training	Cross Training	TRX	Circuit Training			
20h00							
20h15							
20h30	Body Pump	Body Pump	Power Jump	ABS			
20h45	Fit Boxe		Funcional	TRX			
21h00	Pilates		Corpo e Mente	Yoga			
21h15	Cycling			Cycling	Cycling		
21h30							
22h00							

OUTDOOR

FUNCIONAL

MAIS

CYCLING

HOLÍSTICAS

ESTÚDIOS

DIRETO ONLINE

ALTERAÇÕES