



# MAIO 2021

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

OUTDOOR  
 FUNCIONAL  
 MAIS  
 CYCLING  
 HOLÍSTICAS  
 ESTÚDIOS

ONLINE NA PLATAFORMA  
 ALTERAÇÕES