

HORÁRIO	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	
07:10	Hit (15m)	Funcional (15m)	Schwinn Cycling(30m)	Abs (15m)	Pilates (50m)		
08:30	Gap (15m)	Energize(15m)	Localizada (15m)	Energize (15m)	Localizada (15m)		
09:30	Localizada (15m)	Localizada (15m)	Hit (15m)	Gap (15m)	Abs (15m)	Abs (15m)	
10:15	Cycling (50m)	Pilates (50m)	Abs (15m)	Pilates (50m)		Cross training (50m)	Strong Fit (30m)
11:30	Abs (15m)	Gap (15m)	Funcional (15m)	Hit (15m)	Funcional (15m)	Hit (15m)	
12:45			Pilates (30m)		Cycling (30m)		
13:00	Funcional (15m)	Stretching (15m)		Funcional (15m)	Hit (15m)	Gap (15m)	
14:00	Gap (15m)	Abs (15m)	Stretching (15m)	Energize (15m)	Abs (15m)	Stretching (15m)	
15:00	Stretching (15m)	Hit (15m)	Abs (15m)	Hit (15m)	Energize (15m)	Funcional (15m)	
16:00	Localizada (15m)	Energize (15m)	Stretching (15m)	Localizada (15m)	Abs (15m)	Abs (15m)	
17:00	Hit (15m)	Gap (15m)	Gap (15m)	Funcional (15m)	Localizada (15m)	Energize (15m)	
18:00	Gap (15m)	Pilates (30m)	Stretching (15m)	Gap (15m)	Funcional (15m)		
18:30	Cycling (30m)	3B (30m)	Cycling (30m)	Pump (50m)	Desportes de Combate (50m)		
19:00	Stretching (15m)	Hit (15m)	Energize (15m)	Hit (15m)	Cycling (30m)		
19:05	Pump (50m)	Energize Attack (50m)	Pilates (50m)				
19:30	Hit (15m)		Funcional (15m)	Cycling (50m)	Gap (15m)		
19:45					Pilates (50m)		
20:00	Pilates (50m)	Cross Training (50m)	Fit Brasil (50m)	Stretching (15m)	Stretching (15m)		
20:10			Desportes de Combate (50m)				
20:30				Energize (30m)			
21:00	Energize (15m)	Stretching (15m)	Funcional (15m)	Abs (15m)			