

	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 ↔ LOCALIZADA	45 1 ♥ CYCLING	45 1 ♥ POWER JUMP	45 1 ♥ CYCLING	45 1 ☯ PILATES		
07:00	45 1 ♥ CYCLING	45 2 ↔ FITWALKING	45 1 ↔ LOCALIZADA	45 2 ♥ FITWALKING	45 1 ♥ CYCLING		
07:45	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE		
09:00	45 2 ♥ FITWALKING	45 1 ↔ CYCLING	45 1 ↔ LOCALIZADA	45 1 ↔ CYCLING	45 GAP		
09:30	60 CROSSTRaining		60 CROSSTRaining		60 CROSSTRaining		
09:45	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE		
10:00	45 1 ☯ PILATES	45 GAP	45 1 ☯ PILATES	45 1 ↔ LOCALIZADA	45 1 ☯ PILATES	45 1 ☯ PILATES	45 1 ↔ CYCLING
10:30						60 CROSSTRaining	
10:45	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE		
11:00						45 1 ↔ CYCLING	
12:30	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining		
12:45	50 1 ♥ VIRTUAL CYCLING		50 1 ♥ VIRTUAL CYCLING		50 1 ♥ VIRTUAL CYCLING		
16:00	60 CROSSTRaining	50 1 ♥ VIRTUAL CYCLING	60 CROSSTRaining	50 1 ♥ VIRTUAL CYCLING	60 CROSSTRaining		
17:00	50 1 ♥ VIRTUAL CYCLING		50 1 ♥ VIRTUAL CYCLING				
17:15	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining		
18:00	45 1 🎵 ZUMBA		45 1 🎵 ZUMBA		45 1 ↔ LOCALIZADA		
18:30	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining	60 CROSSTRaining	45 1 ♥ VIRTUAL CYCLING	
18:45	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE		
19:00	45 1 ♥ CYCLING	45 1 ↔ LOCALIZADA	45 1 ♥ CYCLING	45 POWER GLÚTEO	45 1 ♥ CYCLING		
	45 1 ☯ PILATES	45 1 ☯ YOGA	45 1 ☯ PILATES	45 1 ☯ YOGA	45 1 ☯ PILATES		
	45 1 ♥ POWER JUMP	45 1 ♥ CYCLING	45 1 ♥ POWER JUMP	45 1 ♥ CYCLING			
19:30	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE	15 1 ↔ CORE		
19:45	45 1 ↔ LOCALIZADA		45 1 ↔ BODYPUMP				