

	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	45' 1	45' 1	45' 1	45' 1		
	LOCALIZADA	CYCLING	JUMP	CYCLING	PILATES		
07:00	60'	60'	60'	60'	60'		
	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining		
	45' 1	45' 2	45' 1	45' 2	45' 1		
	CYCLING	FITWALKING	LOCALIZADA	FITWALKING	CYCLING		
07:45	15' 1	15' 1	15' 1	15' 1	15' 1		
	CORE	CORE	CORE	CORE	CORE		
09:00	60'	60'	60'	60'	60'		
	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining		
	45' 2	45' 1	45' 1	45' 1	45'		
	FITWALKING	CYCLING	LOCALIZADA	CYCLING	GAP		
09:45	15' 1	15' 1	15' 1	15' 1	15' 1		
	CORE	CORE	CORE	CORE	CORE		
10:00	45' 1	45'	45' 1	45' 1	45' 1	45' 1	45' 1
	PILATES	GAP	PILATES	LOCALIZADA	PILATES	PILATES	CYCLING
						60'	
						CROSSTRaining	
10:45	15' 1	15' 1	15' 1	15' 1	15' 1		
	CORE	CORE	CORE	CORE	CORE		
11:00						45' 1	
						CYCLING	
12:30	60'	60'	60'	60'	60'		
	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining		
12:45	50' 1		50' 1		50' 1		
	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
16:00	60'	50' 1	60'	50' 1	60'		
	CROSSTRaining	VIRTUAL CYCLING	CROSSTRaining	VIRTUAL CYCLING	CROSSTRaining		
17:00	50' 1		50' 1				
	VIRTUAL CYCLING		VIRTUAL CYCLING				
17:15	60'	60'	60'	60'	60'		
	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining		
18:00	45' 1		45' 1		45' 1		
	ZUMBA		ZUMBA		LOCALIZADA		
18:30	60'	60'	60'	60'	60'	45' 1	
	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	VIRTUAL CYCLING	
18:45	15' 1	15' 1	15' 1	15' 1	15' 1		
	CORE	CORE	CORE	CORE	CORE		
19:00	45' 1	45' 1	45' 1	45'	45' 1		
	CYCLING	LOCALIZADA	CYCLING	POWER GLÚTEO	CYCLING		
	45' 1	45' 1	45' 1	45' 1	45' 1		
	PILATES	YOGA	PILATES	YOGA	PILATES		
	45' 1	45' 1	45' 1				
	JUMP	CYCLING	JUMP				
19:30	15' 1	15' 1	15' 1	15' 1	15' 1		
	CORE	CORE	CORE	CORE	CORE		
19:45	45' 1		45' 1	60'			
	PUMP		PUMP	STREET SALSA			
20:30				60'			
				SENSUAL MOVE			