

		SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO	
MANHÃ	07:15	CYCLING 50' (3)	GAP 45' (2)	VIBE CROSS 45' (4)	CYCLING 50' (3)	HIIT 45' (4)			
	09:00	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)		
	09:15				PILATES 45' (1)				
	10:00	PILATES 45' (1)	CYCLING 50' (3)	VIBE JUMP 45' (1)		VIBE LOCAL 45' (2)	VIBE JUMP 45' (1)	SCHWINN CYCLING 50' (3)	
	10:20						SCHWINN CYCLING 50' (3)		
	11:00	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	PILATES 45' (1)	SIX PACK 15' (4)	SIX PACK 15' (4)
	11:15								YOGA 45' (1)
TARDE	12:45	VIBE TOTAL CIRCUITO 30' (4)		YOGA 45' (1)		SCHWINN CYCLING 50' (3)			
	16:00	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)		
	17:30		PILATES 45' (1)						
	18:00	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)	SIX PACK 15' (4)		
NOITE	18:30	VIBE JUMP 45' (1)	YOURFIT PUMP 45' (2)	CYCLING 50' (3)	DANCE 45' (2)	LOCAL 45' (2)			
	18:45	SCHWINN CYCLING 50' (3)	SIX PACK 15' (4)	GAP 45' (2)	SIX PACK 15' (4)	SIX PACK 15' (4)	SCHWINN CYCLING 50' (3)	SIX PACK 15' (4)	
	19:00				YOGA 45' (1)				
	19:30	PILATES 45' (1)	ZUMBA 45' (2)		VIBE PUMP 45' (2)	VIBE JUMP 45' (1)			
	19:45	HIIT 45' (2)	SCHWINN CYCLING 50' (3)	VIBE TOTAL CIRCUITO 45' (2)					
	20:00	SIX PACK 15' (4)	SIX PACK 15' (4)	CYCLING 50' (3)	SIX PACK 15' (4)	SIX PACK 15' (4)			

4 CROSS STAGE

3 ESTÚDIO 03

2 ESTÚDIO 02

1 ESTÚDIO 01