

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	1 7:30 50' UP GAP	X 7:30 30' · FIT ·	3 7:30 50' UP CYCLING	X 7:30 30' · FIT ·			
	X 8:15 15' CORE	X 8:15 15' GAP	X 8:15 15' GLÚTEOS	X 8:15 15' ABDOMINAIS			
	X 8:30 30' · FIT ·	2 8:30 45' LES MILLS BODYBALANCE	X 8:30 30' · FIT ·	2 8:30 45' UP PILATES	X 8:15 15' GLÚTEOS		
	X 9:15 15' ABDOMINAIS	X 9:15 15' CORE	X 9:15 15' GLÚTEOS	X 9:15 15' GAP	X 8:30 30' · FIT ·		
	3 9:30 45' UP CYCLING	X 9:30 30' · FIT ·	2 9:30 45' UP YOGA	X 9:30 30' · FIT ·	2 9:30 45' LES MILLS BODYCOMBAT		
	X 10:15 15' CORE	X 10:15 15' GAP	X 10:15 15' CORE	X 10:15 15' ABDOMINAIS	X 10:15 15' GLÚTEOS	X 9:15 15' ABDOMINAIS	
	1 10:30 45' ZUMBA	2 10:30 45' UP PILATES	1 10:30 45' LES MILLS BODYPUMP	1 10:30 45' UP LOCAL	3 10:30 50' UP CYCLING	1 10:00 50' ZUMBA	
	X 11:15 30' · FIT ·	X 11:15 30' · FIT ·	X 11:15 30' · FIT ·	X 11:15 30' · FIT ·	X 11:15 30' · FIT ·	1 11:00 50' LES MILLS BODYPUMP	3 11:00 50' UP CYCLING
	X 12:15 15' GAP	X 12:15 15' CORE	X 12:15 15' ABDOMINAIS	X 12:15 15' GLÚTEOS	X 12:15 15' ABDOMINAIS	3 11:00 50' UP CYCLING	X 11:45 45' VIRTUAL CORE
	3 12:45 45' UP CYCLING	1 12:45 45' UP LOCAL	1 12:45 45' ZUMBA	1 12:45 45' UP FUNCIONAL	1 12:45 45' UP PILATES	X 12:15 15' ABDOMINAIS	
TARDE	X 14:30 15' CORE	X 14:30 15' GAP	X 14:30 15' GLÚTEOS	X 14:30 15' ABDOMINAIS	X 14:30 15' GLÚTEOS	X 14:30 15' CORE	
	X 15:30 15' GAP	X 15:30 15' ABDOMINAIS	X 15:30 15' GAP	X 15:30 15' GLÚTEOS	X 15:30 15' GAP	X 15:30 15' GLÚTEOS	
	X 16:30 15' ABDOMINAIS	X 16:30 15' CORE	X 16:30 15' ABDOMINAIS	X 16:30 15' GAP	X 16:30 15' ABDOMINAIS	X 16:30 15' GAP	
	X 17:00 30' · FIT ·	X 17:00 30' · FIT ·	X 17:00 30' · FIT ·	X 17:00 30' · FIT ·	X 17:00 30' · FIT ·	3 17:00 50' UP CYCLING	
	1 17:30 45' UP GAP	1 17:30 45' UP FUNCIONAL	2 17:30 45' UP PILATES	3 17:30 50' UP CYCLING	1 17:30 45' LES MILLS BODYPUMP	X 18:00 15' ABDOMINAIS	
	X 17:45 15' CORE	X 17:45 15' GLÚTEOS	X 17:45 15' GAP	X 17:45 15' ABDOMINAIS	X 17:45 15' GLÚTEOS		
	X 18:15 30' · FIT ·	X 18:15 30' · FIT ·	X 18:15 30' · FIT ·	X 18:15 30' · FIT ·	X 18:15 30' · FIT ·		
	2 18:30 45' LES MILLS BODYCOMBAT	2 18:30 50' UP PILATES	2 18:30 45' ZUMBA	2 18:30 50' BODYJUMP	1 18:30 50' UP GAP		
1 18:40 45' UP LOCAL	3 18:40 50' UP CYCLING	1 18:40 50' LES MILLS BODYPUMP	1 18:40 45' TOTAL TRAINING	3 18:40 45' UP CYCLING			
X 18:45 15' ABDOMINAIS	X 18:45 15' CORE	X 18:45 15' GLÚTEOS	X 18:45 15' GAP	X 18:45 30' ABDOMINAIS			
X 19:15 30' · FIT ·	X 19:15 30' · FIT ·	X 19:15 30' · FIT ·	X 19:15 30' · FIT ·	X 19:15 30' · FIT ·			
3 19:30 50' UP CYCLING	2 19:30 50' BODYJUMP	3 19:30 50' UP CYCLING	2 19:30 50' UP PILATES	2 19:30 50' LES MILLS BODYBALANCE			
2 19:30 45' ZUMBA	3 19:30 45' VIRTUAL CYCLING	2 19:30 50' LES MILLS BODYBALANCE	X 19:30 45' VIRTUAL GAP	X 19:30 45' VIRTUAL GAP			
1 19:30 50' LES MILLS BODYPUMP	1 19:40 45' UP GAP	X 19:40 45' VIRTUAL CORE	1 19:30 45' DUMBBELLS	X 19:45 15' GAP			
X 19:45 15' GLÚTEOS	X 19:45 15' CORE	X 19:45 15' GLÚTEOS	X 19:45 15' ABDOMINAIS	X 20:15 30' · FIT ·			
X 20:15 30' · FIT ·	X 20:15 30' · FIT ·	X 20:15 30' · FIT ·	X 20:15 30' · FIT ·	X 20:30 45' VIRTUAL GAP			
1 20:30 50' UP PILATES	2 20:30 45' LES MILLS BODYCOMBAT	1 20:30 50' TOTAL TRAINING	1 20:30 60' UP BOXING	X 20:45 15' ABDOMINAIS			
3 20:30 50' UP CYCLING	1 20:30 60' UP BOXING	2 20:30 50' UP YOGA	3 20:30 50' UP CYCLING				
X 20:45 15' GLÚTEOS	X 20:45 15' ABDOMINAIS	X 20:45 15' GAP	X 20:45 15' GLÚTEOS				