

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO	DOMINGO
MANHÃ	4 7:15   50' VIRTUAL CYCLING	2 7:15   50' VIRTUAL GAP	2 7:15   50' VIRTUAL CORE	2 7:15   50' VIRTUAL GAP	4 7:15   50' VIRTUAL CYCLING		
	1 7:30   50' UP CHALLENGE	4 8:15   50' UP CYCLING	1 7:30   50' UP PILATES	4 7:30   50' UP CYCLING	3 8:00   30' · FIIT ·		
	3 8:30   15' XPRESS BURN	3 8:30   15' BUM BUM UP	3 8:00   30' · FIIT ·	3 8:30   15' XPRESS CIRCUIT	1 8:15   50' UP PILATES	2 9:15   50' VIRTUAL GAP	
	2 9:00   50' VIRTUAL GAP	4 9:00   50' VIRTUAL CYCLING	3 8:30   15' ABDOMINAIS	4 9:00   50' VIRTUAL CYCLING	3 8:30   15' XPRESS GAP	1 10:00   50' DUMBBELLS	2 10:00   50' VIRTUAL CORE
	3 9:30   30' · FIIT ·	3 9:30   30' · FIIT ·	2 9:00   50' VIRTUAL GAP	3 9:30   30' · FIIT ·	2 9:00   50' VIRTUAL CORE	2 10:00   50' KARATE KIDS	4 10:45   50' UP CYCLING
	1 10:15   50' UP LOCAL	1 10:15   50' UP PILATES	1 10:15   50' UP CHALLENGE	1 10:15   50' UP PILATES	4 10:15   50' UP CYCLING	4 10:30   50' UP CYCLING	2 11:00   50' VIRTUAL GAP
	3 10:45   15' XPRESS CIRCUIT	3 10:45   15' XPRESS BURN	3 10:45   15' XPRESS CORE	3 10:45   15' XPRESS GAP	3 10:45   15' ABDOMINAIS	3 10:45   15' XPRESS BURN	3 11:30   15' XPRESS CIRCUIT
	2 11:30   50' VIRTUAL CORE	4 11:30   50' VIRTUAL CYCLING	4 11:30   50' VIRTUAL CYCLING	2 11:30   50' VIRTUAL GAP	4 11:30   50' VIRTUAL CYCLING	1 11:00   50' SFXCORE	1 11:45   50' UP CHALLENGE
	3 11:30   30' · FIIT ·	3 11:30   30' · FIIT ·	3 11:30   30' · FIIT ·	3 12:30   15' XPRESS CORE	3 11:30   30' · FIIT ·	3 11:30   30' · FIIT ·	
	3 12:30   15' ABDOMINAIS	3 12:30   15' XPRESS CORE	3 12:30   15' XPRESS CIRCUIT	4 12:45   50' UP CYCLING	3 12:30   15' XPRESS BURN		
1 12:45   50' UP CYCLING	1 13:00   50' UP LOCAL	2 12:45   50' UP CIRCUIT	3 13:15   30' · FIIT ·	1 12:45   50' UP CHALLENGE			
TARDE	4 14:00   50' VIRTUAL CYCLING	2 14:00   50' VIRTUAL GAP	2 14:00   50' VIRTUAL CORE	4 14:00   50' VIRTUAL CYCLING	2 14:00   50' VIRTUAL GAP	4 15:00   50' VIRTUAL CYCLING	
	2 15:00   50' VIRTUAL CORE	4 15:00   50' VIRTUAL CYCLING	2 15:00   50' VIRTUAL GAP	2 15:00   50' VIRTUAL CORE	4 15:00   50' VIRTUAL CYCLING	1 16:15   50' UP CIRCUIT	
	3 16:30   15' XPRESS BURN	3 16:30   15' XPRESS CIRCUIT	3 16:30   15' BUM BUM UP	3 16:30   15' ABDOMINAIS	3 16:30   15' BUM BUM UP	2 16:30   50' VIRTUAL GAP	
	4 17:00   50' VIRTUAL CYCLING	2 17:00   50' VIRTUAL CORE	2 17:00   50' VIRTUAL CORE	2 17:00   50' VIRTUAL GAP	4 17:00   50' VIRTUAL CYCLING	3 17:30   15' ABDOMINAIS	
	1 17:30   50' SFXCORE	1 17:30   50' BODYJUMP	1 17:30   50' SFXCORE	1 17:30   50' DUMBBELLS	1 17:30   50' BODYJUMP	4 18:00   50' VIRTUAL CYCLING	
	3 18:00   30' · FIIT ·	3 18:00   30' · FIIT ·	3 18:00   30' · FIIT ·	3 18:00   30' · FIIT ·	3 18:00   30' · FIIT ·		
	1 18:30   50' BODYJUMP	1 18:30   50' ZUMBA	4 18:30   50' UP CYCLING	1 18:30   50' UP GAP	1 18:30   50' DUMBBELLS		
	2 18:30   50' UP YOGA	3 18:30   50' KARATE KIDS	2 18:30   50' UP YOGA	3 18:30   50' SUPER KIDS	2 18:45   50' STRONG BY ZUMBA		
	3 18:45   50' SUPER KIDS	2 18:45   50' UP LOCAL	3 18:45   15' XPRESS BOXE	4 18:45   50' UP CYCLING	3 18:45   15' XPRESS CIRCUIT		
	NOITE	1 19:30   50' ZUMBA	4 18:45   50' UP CYCLING	1 19:00   50' ZUMBA	2 19:00   50' UP PILATES	1 19:30   50' ZUMBA	
4 19:45   50' UP CYCLING		1 19:30   50' SFXCORE	2 19:30   50' DUMBBELLS	1 19:30   50' BODYJUMP	4 19:45   50' UP CYCLING		
2 20:00   50' UP STEP		3 19:45   30' · FIIT ·	3 19:45   30' · FIIT ·	2 20:00   50' STRONG BY ZUMBA	3 19:45   30' · FIIT ·		
1 20:30   50' UP PILATES		2 20:00   50' MARTIAL ARTS	4 20:00   50' UP CYCLING	3 20:00   30' TRX	1 20:30   50' RECHARGE		
3 20:30   15' ABDOMINAIS		1 20:30   50' DUMBBELLS	1 20:30   50' BODYJUMP	4 20:30   50' UP CYCLING	3 20:30   15' XPRESS GAP		
4 20:45   50' UP CYCLING		4 20:30   50' UP CYCLING	3 20:30   15' XPRESS CIRCUIT	1 20:30   50' MARTIAL ARTS	4 21:00   50' VIRTUAL CYCLING		
3 20:45   30' · FIIT ·		3 20:45   30' TRX	4 21:00   50' VIRTUAL CYCLING	3 20:45   30' · FIIT ·			
2 21:00   50' VIRTUAL GAP		2 21:00   50' VIRTUAL CORE		2 21:00   50' VIRTUAL GAP			