

	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 8:15 50' UP CIRCUIT	4 8:15 50' UP CYCLING	1 8:15 50' UP PILATES	1 8:15 50' UP LOCAL	1 8:15 50' UP PILATES		
	3 8:30 15' XPRESS CIRCUIT	3 8:30 15' BUM BUM UP	3 8:30 15' ABDOMINAIS	3 8:30 15' XPRESS BURN	3 8:30 15' XPRESS GAP	2 9:15 50' VIRTUAL GAP	1 9:45 50' UP LOCAL
	2 9:00 50' VIRTUAL GAP	4 9:00 50' VIRTUAL CYCLING	2 9:00 50' VIRTUAL GAP	4 9:00 50' VIRTUAL CYCLING	2 9:00 50' VIRTUAL CORE	1 10:00 50' DUMBBELLS	2 10:00 50' VIRTUAL CORE
	3 9:30 30' FIT	3 9:30 30' FIT	3 9:30 30' FIT	3 9:30 30' FIT	3 9:30 30' FIT	2 10:30 50' KARATE KIDS	4 10:45 50' UP CYCLING
	1 10:15 50' UP LOCAL	1 10:15 50' UP YOGA	4 10:15 50' UP CYCLING	1 10:15 50' DUMBBELLS	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 BOXE	
	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	
	3 11:30 30' FIT	3 12:45 30' FIT	3 11:30 30' FIT	3 12:30 15' XPRESS CORE	3 11:30 30' FIT	3 11:30 30' FIT	
	1 12:45 50' SFXCORE	1 12:45 50' ZUMBA	2 12:45 50' UP CIRCUIT	3 12:45 30' FIT	1 12:45 50' UP GAP		
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 CORE	2 15:00 50' VIRTUAL CORE	4 15:00 50' VIRTUAL CYCLING	2 16:15 50' UP CIRCUIT	
	3 16:30 15' XPRESS BURN	3 16:30 15' XPRESS CIRCUIT	3 16:30 15' XPRESS BURN	3 16:30 15' XPRESS CIRCUIT	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	4 18:00 50' VIRTUAL CYCLING	
	1 17:30 50' SFXCORE	1 17:30 50' BODYJUMP	1 17:30 50' RECHARGE	1 17:30 50' DUMBBELLS	1 17:30 50' BODYJUMP		
	3 18:00 30' FIT	3 18:00 30' FIT	3 18:00 30' FIT	3 18:00 30' FIT	3 18:00 30' FIT		
	1 18:30 50' ZUMBA	1 18:30 50' ZUMBA	4 18:30 50' UP CYCLING	1 18:30 50' UP PILATES	3 18:30 15' XPRESS BURN		
	3 18:30 50' SUPER KIDS	3 18:30 15' ABDOMINAIS	3 18:30 50' KARATE KIDS	3 18:30 50' SUPER KIDS	1 18:30 50' UP GAP		
	2 18:45 50' UP GAP	2 18:45 50' UP LOCAL	1 18:45 50' DUMBBELLS	2 18:45 50' UP GAP	2 18:45 50' PERFECTBODY		
	NOITE	4 19:30 50' UP CYCLING	4 18:45 50' UP CYCLING	2 19:00 50' ZUMBA	4 18:45 50' UP CYCLING	3 19:00 30' TRX	
1 19:30 50' BODYJUMP		1 19:30 50' SFXCORE	3 19:30 15' XPRESS BOXE	1 19:30 50' BODYJUMP	4 19:30 50' UP CYCLING		
3 19:30 15' XPRESS BURN		3 19:30 50' MARTIAL ARTS	3 19:45 30' FIT	3 19:30 15' XPRESS BURN	1 19:30 50' ZUMBA		
3 19:45 30' FIT		3 19:45 30' FIT	4 20:00 50' UP CYCLING	3 19:45 30' FIT	3 19:45 30' FIT		
2 20:00 50' UP YOGA		1 20:30 50' DUMBBELLS	2 20:00 50' UP YOGA	2 20:00 50' UP STEP	1 20:30 50' RECHARGE		
4 20:30 50' UP CYCLING		4 20:30 50' UP CYCLING	1 20:30 50' BODYJUMP	4 20:30 50' UP CYCLING	3 20:30 15' XPRESS GAP		
1 20:30 50' UP STEP		3 20:30 30' TRX	3 20:30 15' XPRESS CIRCUIT	1 20:30 50' MARTIAL ARTS	4 21:00 50' VIRTUAL CYCLING		
3 20:30 15' ABDOMINAIS		2 21:00 50' VIRTUAL CORE	4 21:00 50' VIRTUAL CYCLING	3 20:30 15' XPRESS CORE			
2 21:00 50' VIRTUAL GAP				2 21:00 50' VIRTUAL GAP			