

	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	3 8:00 30' · FIIT ·	4 7:30 50' UP CYCLING	3 8:00 30' · FIIT ·		
	3 8:30 15' XPRESS BURN	3 8:30 15' BUM BUM UP	1 8:15 50' UP PILATES	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	1 9:45 50' UP CHALLENGE
	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	2 10:00 50' VIRTUAL CORE
	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	4 10:45 50' UP CYCLING
	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	2 11:00 50' VIRTUAL GAP
	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 15' XPRESS CIRCUIT
	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		
	3 18:45 50' SUPER KIDS	3 18:30 50' KARATE KIDS	3 18:45 15' XPRESS BOXE	3 18:30 50' SUPER KIDS	2 18:45 50' STRONG BY ZUMBA		
	2 19:00 50' UP YOGA	2 18:45 50' UP LOCAL	1 18:30 50' DUMBBELLS	4 18:45 50' UP CYCLING	3 18:45 15' XPRESS CIRCUIT		
	1 19:30 50' ZUMBA	4 18:45 50' UP CYCLING	2 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	1 19:30 50' UP YOGA	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				
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