









| 2ª FEIRA Monday | 3ª FEIRA Tuesday | 4ª FEIRA Wednesday | 5ª FEIRA Thursday | 6ª FEIRA Friday | SÁBADO Saturday | DOMINGO Sunday |
|---|---|---|---|---|---|---|
| 07:05 YOGA IYENGAR 55' Studio 2 | 07:05 PILATES 60' Studio 1 | 07:05 YOGA IYENGAR 55' Studio 2 | 07:05 PILATES 60' Studio 1 | 07:05 YOGA IYENGAR 75' Studio 2 | 09:00 TRX Studio 2 | 10:10 GRIT Studio 1 |
| 07:05 MORNING BOOST Studio 1 | 07:15 FITBOXING Studio 3 | 07:05 MORNING BOOST Studio 1 | 07:15 SWIMMING Pool | 07:05 MORNING BOOST Studio 1 | 10:00 BOOTCAMP Outdoor | 10:45 VIBE & RIDE Studio 4 |
| 07:15 VIBE & RIDE Studio 4 | 07:15 SWIMMING Pool | 07:15 VIBE & RIDE Studio 4 | 08:10 BUMS & TUMS 30' Studio 2 | 07:15 VIBE & RIDE Studio 4 | 10:00 YOGA FLOW 60' Studio 1 | 10:45 BARRE Studio 1 |
| 08:00 7 WORKOUT Studio 1 | 08:10 BUMS & TUMS 30' Studio 2 | 07:30 HYDRO Pool | 08:10 BALLET SCULPT Studio 1 | 07:30 HYDRO Pool | 10:30 BUMS & TUMS 30' Studio 2 | 11:30 WERK IT OUT 60' Studio 1 |
| 08:10 BREATHE & STRETCH Studio 2 | 08:10 BALLET SCULPT Studio 1 | 08:00 7 WORKOUT Studio 1 | 08:10 GRIT Studio 3 | 08:00 7 WORKOUT Studio 1 | 10:45 SPINNING Studio 4 | 11:30 HYDRO Pool |
| 08:10 GRIT Studio 3 | 09:00 FONDA MOVES Studio 2 | 08:10 BREATHE & STRETCH Studio 2 | 09:00 7 WORKOUT Studio 1 | 08:00 BOOTCAMP Outdoor | 11:30 FIT & LIT 75' Studio 1 | |
| 09:00 MOBILITY Studio 2 | 09:00 7 WORKOUT Studio 1 | 09:00 HYPOPRESSIVE Studio 2 | 10:00 YOGA FLOW 60' Studio 1 | 09:00 MOBILITY Studio 2 | 11:45 AQUA BOUNCE Pool | |
| 09:00 7 WORKOUT Studio 1 | 10:00 YOGA MOBILITY 60' Studio 1 | 09:00 GROOVE & MOVE Studio 1 | 10:30 BUMS & TUMS Studio 2 | 09:00 7 WORKOUT Studio 1 | 12:00 FITBOXING Studio 3 | |
| 10:00 BALANCE & POSTURE Studio 2 | 10:30 BUMS & TUMS Studio 2 | 10:00 BALANCE & POSTURE Studio 1 | 11:15 HYDRO Pool | 10:00 BALANCE & POSTURE Studio 1 | | |
| 10:45 AQUA PHYSIO Pool | 11:15 PILATES Studio 1 | 10:00 BARRE FLOOR Studio 2 | 11:15 PILATES Studio 1 | 10:45 AQUA PHYSIO Pool | | |
| 11:15 PILATES Studio 1 | 11:15 HYDRO Pool | 10:45 AQUA PHYSIO Pool | 12:15 BUM & TUMS Studio 2 | 11:00 BARRE FLOOR Studio 1 | | |
| 11:30 AQUA PHYSIO Pool | 12:15 BUMS & TUMS Studio 1 | 11:15 7 WORKOUT Studio 1 | 12:15 GROOVE & MOVE Studio 1 | 11:30 AQUA PHYSIO Pool | | |
| 12:15 TRX Studio 2 | 12:30 TANGO ARGENTINO Studio 3 | 11:30 AQUA PHYSIO Pool | 12:30 TANGO ARGENTINO Studio 3 | 12:15 BREATHE & STRETCH Studio 2 | | |
| 12:15 SWEAT Studio 1 | 12:45 VIBE & RIDE Studio 4 | 12:15 BREATHE & STRETCH Studio 2 | 12:45 VIBE & RIDE Studio 4 | 12:15 AQUA PHYSIO Pool | | |
| 12:15 CONTEMPORARY DANCE Studio 3 | 13:15 CORE 15' Studio 1 | 12:15 INSTABILITY TONE Studio 1 | 13:15 CORE 15' Studio 1 | 12:20 STICK MOBILITY Studio 1 | | |
| 12:15 AQUA PHYSIO Pool | 13:30 BURN BABY BURN 30' Studio 1 | 12:15 AQUA PHYSIO Pool | 13:30 BURN BABY BURN 30' Studio 1 | 12:30 VIBE & RIDE Studio 4 | | |
| 13:00 VIBE & RIDE Studio 4 | 15:00 AQUA PHYSIO Pool | 13:00 VIBE & RIDE Studio 4 | 15:00 AQUA PHYSIO Pool | 13:15 PILATES Studio 2 | | |
| 13:15 BREATHE & STRETCH Studio 2 | 18:30 FITBOXING Studio 3 | 13:00 CONTEMPORARY DANCE Studio 3 | 18:15 VIBE & RIDE 30' Studio 4 | 13:15 7 WORKOUT Studio 1 | | |
| 13:15 7 WORKOUT Studio 1 | 18:45 YOGA FLOW 60' Studio 2 | 13:15 TRX Studio 2 | 18:45 YOGA IYENGAR 60' Studio 2 | 13:15 AQUA BOUNCE Pool | | |
| 13:15 FITBOXING Studio 3 | 18:45 7 WORKOUT Studio 1 | 13:15 GRIT Studio 1 | 18:45 7 WORKOUT Studio 1 | 18:30 SWEAT Studio 1 | | |
| 13:15 HYDRO Pool | 19:15 BOOTCAMP Outdoor | 13:15 HYDRO Pool | 19:15 BOOTCAMP Outdoor | 18:45 BREATHE & STRETCH Studio 3 | | |
| 15:15 POWER MAMMAS Studio 1 | 19:30 STEP UP Studio 3 | 15:15 POWER MAMMAS Studio 1 | 19:30 SWIMMING Pool | 18:45 AQUA PHYSIO Pool | | |
| 18:15 7 WORKOUT Studio 2 | 19:30 SWIMMING Pool | 18:15 CORE 30' Studio 2 | 19:40 STICK MOBILITY Studio 1 | 19:15 PILATES Studio 1 | | |
| 18:15 CORE 30' Studio 1 | 19:40 GRIT Studio 1 | 18:45 PILATES Studio 1 | | 20:00 7 WORKOUT Studio 1 | | |
| 18:45 PILATES Studio 1 | | 19:00 SPINNING 60' Studio 4 | | | | |
| 19:00 SPINNING 60' Studio 4 | | 19:15 GROOVE & MOVE Studio 2 | | | | |
| 19:15 BURN BABY BURN 30' Studio 2 | | 19:40 7 WORKOUT Studio 1 | | | | |
| 19:15 BREATHE & STRETCH Studio 3 | | 19:45 AQUA PHYSIO Pool | | | | |
| 19:15 AQUA PHYSIO Pool | | 20:00 CONTEMPORARY DANCE Studio 2 | | | | |
| 19:45 MOBILITY Studio 2 | | | | | | |
| 20:00 CONTEMPORARY DANCE Studio 1 | | | | | | |

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|---|------------------------|---|----------------|
|  | BODY & MIND |  | HIIT |
|  | MOBILITY |  | DANCE |
|  | STRENGTH |  | AQUA |
|  | CARDIO |  | SPECIAL |