









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 T	07:05 YOGA IYENGAR 55' Studio 2	07:05 PILATES 60' Studio T	07:05 YOGA IYENGAR 75' Studio 2	09:00 TRX Studio 2	10:10 GRIT Studio T
07:05 MORNING BOOST Studio T	07:15 FITBOXING Studio 3	07:05 MORNING BOOST Studio T	07:15 SWIMMING Pool	07:05 MORNING BOOST Studio T	10:00 BOOTCAMP Outdoor	10:45 VIBE & RIDE Outdoor Cycling
07:15 VIBE & RIDE Outdoor Cycling	07:15 SWIMMING Pool	07:15 VIBE & RIDE Outdoor Cycling	08:10 BUMS & TUMS 30' Studio 2	07:15 VIBE & RIDE Outdoor Cycling	10:00 YOGA FLOW 60' Studio T	10:45 BARRE Studio T
08:00 7 WORKOUT Studio T	08:10 BUMS & TUMS 30' Studio 2	07:30 HYDRO Pool	08:10 BALLET SCULPT Studio T	07:30 HYDRO Pool	10:30 BUMS & TUMS 30' Studio 2	11:30 WERK IT OUT 60' Studio T
08:10 BREATHE & STRETCH Studio 2	08:10 BALLET SCULPT Studio T	08:00 7 WORKOUT Studio T	08:10 GRIT Studio 3	08:00 7 WORKOUT Studio T	10:45 SPINNING Outdoor Cycling	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 T	08:00 BOOTCAMP Outdoor	11:30 FIT & LIT 75' Studio T	
09:00 MOBILITY Studio 2	09:00 7 WORKOUT Studio T	09:00 HYPOPRESSIVE Studio 2	10:00 YOGA FLOW 60' Studio T	09:00 MOBILITY Studio 2	11:45 AQUA BOUNCE Pool	
09:00 7 WORKOUT Studio T	10:00 YOGA MOBILITY 60' Studio T	09:00 GROOVE & MOVE Studio T	10:30 BUMS & TUMS Studio 2	09:00 7 WORKOUT Studio T	12:00 FITBOXING Studio 3	
10:00 BALANCE & POSTURE Studio 2	10:30 BUMS & TUMS Studio 2	10:00 BALANCE & POSTURE Studio T	11:15 HYDRO Pool	10:00 BALANCE & POSTURE Studio T		
10:45 AQUA PHYSIO Pool	11:15 PILATES Studio T	10:00 BARRE FLOOR Studio 2	11:15 PILATES Studio T	10:45 AQUA PHYSIO Pool		
11:15 PILATES Studio T	11:15 HYDRO Pool	10:45 AQUA PHYSIO Pool	12:15 BUM & TUMS Studio 2	11:00 BARRE FLOOR Studio T		
11:30 AQUA PHYSIO Pool	12:15 BUMS & TUMS Studio T	11:15 7 WORKOUT Studio T	12:15 GROOVE & MOVE Studio T	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 T	12:45 VIBE & RIDE Outdoor Cycling	12:15 BREATHE & STRETCH Studio 2	12:45 VIBE & RIDE Outdoor Cycling	12:15 AQUA PHYSIO Pool		
12:15 CONTEMPORARY DANCE Studio 3	13:15 CORE 15' Studio T	12:15 INSTABILITY TONE Studio T	13:15 CORE 15' Studio T	12:20 STICK MOBILITY Studio T		
12:15 AQUA PHYSIO Pool	13:30 BURN BABY BURN 30' Studio T	12:15 AQUA PHYSIO Pool	13:30 BURN BABY BURN 30' Studio T	12:30 VIBE & RIDE Outdoor Cycling		
13:00 VIBE & RIDE Outdoor Cycling	15:00 AQUA PHYSIO Pool	13:00 VIBE & RIDE Outdoor Cycling	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' Outdoor Cycling	13:15 7 WORKOUT Studio T		
13:15 7 WORKOUT Studio T	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 T	13:15 GRIT Studio T	18:45 7 WORKOUT Studio T	18:30 SWEAT Studio T		
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 T	19:30 STEP UP Studio 3	15:15 POWER MAMMAS Studio T	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 T	19:15 PILATES Studio T		
18:15 CORE 30' Studio T	19:40 GRIT Studio T	18:45 PILATES Studio T		20:00 7 WORKOUT Studio T		
18:45 PILATES Studio T		19:00 SPINNING 60' Outdoor Cycling				
19:00 SPINNING 60' Outdoor Cycling		19:15 GROOVE & MOVE Studio 2				
19:15 BURN BABY BURN 30' Studio 2		19:40 7 WORKOUT Studio T				
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 T						

CZUB7

	BODY & MIND		HIIT
	MOBILITY		DANCE
	STRENGTH		AQUA
	CARDIO		SPECIAL

2ª FEIRA Monday	3ª FEIRA Tuesday	4ª FEIRA Wednesday	5ª FEIRA Thursday	6ª FEIRA Friday
08:00 CORE 15' Ginásio	08:00 TÊNIS PERFORMANCE Ginásio	07:00 TREINO FORÇA Ginásio	08:00 TÊNIS PERFORMANCE Ginásio	07:00 TREINO FORÇA Ginásio
10:00 TREINO MOBILIDADE Ginásio	10:00 CORE 15' Ginásio	09:00 TREINO MOBILIDADE Ginásio	11:00 CORE 15' Ginásio	10:00 TREINO METABÓLICO Ginásio
12:00 TREINO FORÇA Ginásio	12:00 TREINO MOBILIDADE Ginásio	12:00 TREINO METABÓLICO Ginásio	13:00 TREINO FORÇA Ginásio	
19:00 TREINO METABÓLICO Ginásio	18:00 TREINO FORÇA Ginásio	19:00 TREINO METABÓLICO Ginásio	19:00 CORE 15' Ginásio	
	19:00 CORE 15' Ginásio			

CZUB7

	CORE 15'		TREINO METABÓLICO
	TREINO FORÇA		TÊNIS PERFORMANCE
	TREINO MOBILIDADE		