









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

**CZUB7**

	<b>BODY &amp; MIND</b>		<b>HIIT</b>
	<b>MOBILITY</b>		<b>DANCE</b>
	<b>STRENGTH</b>		<b>AQUA</b>
	<b>CARDIO</b>		<b>SPECIAL</b>