

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

**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>

\*Até 17 de Outubro | Until October 17th