








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 Studio 1	07:05 YOGA IYENGAR 75' Studio 2	09:00 TRX Studio 2	10:00 GRIT Studio 1
07:05 MORNING BOOST Studio 1	07:15 BOXE 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 Cycle
07:15 VIBE & RIDE Studio Cycle	07:15 SWIMMING Pool	07:15 VIBE & RIDE Studio Cycle	07:30 7 METCON SkillX (Gym)	07:15 VIBE & RIDE Studio Cycle	10:00 YOGA FLOW 60' Studio 1	10:45 BARRE Studio 1
07:30 7 HYBRID SkillX (Gym)	08:10 BUMS & TUMS 30' Studio 2	07:30 HYDRO Pool	08:10 BUMS & TUMS 30' Studio 2	07:30 HYDRO Pool	10:15 SPINNING Studio Cycle	11:30 HYDRO Pool
08:00 7 WORKOUT Studio 1	08:10 BALLET SCULPT Studio 1	08:00 7 WORKOUT Studio 1	08:10 BALLET SCULPT Studio 1	08:00 7 WORKOUT Studio 1	10:30 BUMS & TUMS 30' Studio 2	11:45 7 WORKOUT Studio 1
08:10 BREATHE & STRETCH Studio 2	08:10 PRIMAL FLOW Studio 3	08:10 BREATHE & STRETCH Studio 2	08:10 GRIT Studio 3	08:00 BOOTCAMP Outdoor	11:15 SPINNING Studio Cycle	11:45 VIBE & RIDE Studio Cycle
08:10 GRIT Studio 3	09:00 FONDA MOVES Studio 2	08:15 7 HYBRID SkillX (Gym)	09:00 7 WORKOUT Studio 1	09:00 MOBILITY Studio 2	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 7 WORKOUT Studio 1	11:45 AQUA BOUNCE Pool	
09:00 7 WORKOUT Studio 1	10:00 YOGA FLOW 60' Studio 1	09:00 GROOVE & MOVE Studio 1	10:30 BUMS & TUMS Studio 2	10:00 BALANCE & POSTURE Studio 1	12:00 FITBOXING Studio 3	
10:00 BALANCE & POSTURE Studio 1	10:30 7 METCON SkillX (Gym)	10:00 BALANCE & POSTURE Studio 1	11:15 HYDRO Pool	10:00 7 HYBRID SkillX (Gym)		
10:15 BARRE Studio 2	10:30 BUMS & TUMS Studio 2	10:00 BARRE FLOOR Studio 2	11:15 PILATES Studio 1	10:45 AQUA PHYSIO* Pool		
10:45 AQUA PHYSIO* Pool	11:15 PILATES Studio 1	10:45 AQUA PHYSIO* Pool	12:15 BUMS & TUMS Studio 2	11:00 BARRE FLOOR 60' Studio 1		
11:15 PILATES Studio 1	11:15 HYDRO Pool	11:15 7 WORKOUT Studio 1	12:15 GROOVE & MOVE Studio 1	11:30 AQUA PHYSIO* Pool		
11:30 AQUA PHYSIO* Pool	12:15 BUMS & TUMS Studio 1	11:30 AQUA PHYSIO* Pool	12:45 VIBE & RIDE Studio Cycle	12:15 BREATHE & STRETCH Studio 2		
12:15 TRX Studio 2	12:30 7 HYBRID SkillX (Gym)	12:15 BREATHE & STRETCH Studio 2	13:00 TANGO ARGENTINO Studio 3	12:20 STICK MOBILITY Studio 1		
12:15 SWEAT Studio 1	12:45 VIBE & RIDE Studio Cycle	12:15 INSTABILITY TONE Studio 1	13:00 7 HYBRID SkillX (Gym)	12:30 VIBE & RIDE Studio Cycle		
12:15 CONTEMPORARY DANCE Studio 3	13:00 TANGO ARGENTINO Studio 3	12:15 AQUA PHYSIO* Pool	13:15 BALLET SCULPT Studio 2	12:30 7 METCON SkillX (Gym)		
12:15 AQUA PHYSIO* Pool	13:15 BARRE Studio 2	12:30 7 METCON SkillX (Gym)	13:15 CORE 15' Studio 1	13:15 PILATES Studio 2		
12:30 7 METCON SkillX (Gym)	13:15 CORE 15' Studio 1	13:00 VIBE & RIDE Studio Cycle	13:30 BURN BABY BURN 30' Studio 1	13:15 7 WORKOUT Studio 1		
13:00 VIBE & RIDE Studio Cycle	13:30 BURN BABY BURN 30' Studio 1	13:00 CONTEMPORARY DANCE Studio 3	15:00 AQUA PHYSIO* Pool	13:15 AQUA BOUNCE Pool		
13:15 BREATHE & STRETCH Studio 2	15:00 AQUA PHYSIO* Pool	13:15 TRX Studio 2	18:30 VIBE & RIDE 30' Studio Cycle	18:30 SWEAT Studio 1		
13:15 7 WORKOUT Studio 1	18:30 BOXE Studio 3	13:15 GRIT 30' Studio 1	18:45 YOGA IYENGAR 60' Studio 2	18:45 BREATHE & STRETCH Studio 3		
13:15 FITBOXING Studio 3	18:45 YOGA FLOW 60' Studio 2	13:15 HYDRO Pool	18:45 7 WORKOUT Studio 1	18:45 AQUA PHYSIO* Pool		
13:15 HYDRO Pool	18:45 7 WORKOUT Studio 1	15:15 POWER MAMMAS Studio 2	19:00 HYDRO Pool	19:15 PILATES Studio 1		
15:15 POWER MAMMAS Studio 2	19:15 BOOTCAMP Outdoor	18:15 CORE 30' Studio 1	19:15 BOOTCAMP Outdoor	20:00 7 WORKOUT Studio 1		
18:15 7 WORKOUT Studio 2	19:30 STEP UP Studio 3	18:45 PILATES Studio 1	19:30 SWIMMING Pool			
18:15 CORE 30' Studio 1	19:30 SWIMMING Pool	19:00 SPINNING 60' Studio Cycle	19:40 STICK MOBILITY Studio 1			
18:45 PILATES Studio 1	19:40 GRIT 30' Studio 1	19:00 7 HYBRID SkillX (Gym)				
19:00 SPINNING 60' Studio Cycle		19:40 7 WORKOUT Studio 1				
19:15 7 HYBRID SkillX (Gym)		19:45 AQUA PHYSIO* Pool				
19:15 BREATHE & STRETCH Studio 3		20:00 CONTEMPORARY DANCE 60' Studio 2				
19:15 AQUA PHYSIO* Pool						
19:45 MOBILITY Studio 2						
20:00 CONTEMPORARY DANCE Studio 1						

CZUB7

	BODY & MIND		HIIT
	MOBILITY		DANCE
	STRENGTH		AQUA
	CARDIO		SPECIAL

*REQUER AVALIAÇÃO PRÉVIA (VALOR ADICIONAL) | *REQUIRES PRIOR ASSESSMENT (ADDITIONAL FEE)