

2 ^a FEIRA Monday	3 ^a FEIRA Tuesday	4 ^a FEIRA Wednesday	5 ^a FEIRA Thursday	6 ^a FEIRA Friday	SÁBADO Saturday	DOMINGO Sunday
07:05 YOGA IYENGAR 55' Studio 2	07:05 PILATES 60' Studio 1	07:05 MORNING BOOST Studio 1	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	08:10 BUMS & TUMS 30' Studio 2	07:15 SPINNING Studio Cycle	07:30 7 METCON SkillX (Gym)	07:05 MORNING BOOST Studio 1	10:00 YOGA FLOW 60' Studio 1	10:45 VIBE & RIDE Studio Cycle
07:15 VIBE & RIDE Studio Cycle	08:10 BALLET SCULPT Studio 1	08:00 7 WORKOUT Studio 1	08:10 BUMS & TUMS 30' Studio 2	07:15 VIBE & RIDE Studio Cycle	10:30 BUMS & TUMS 30' Studio 2	10:45 BARRE Studio 1
07:30 7 HYBRID SkillX (Gym)	09:00 7 WORKOUT Studio 1	08:10 BREATHE & STRETCH Studio 2	08:10 BALLET SCULPT Studio 1	08:00 7 WORKOUT Studio 1	11:30 SPINNING Studio Cycle	11:45 7 WORKOUT Studio 1
08:10 GRIT Studio 3	10:00 YOGA FLOW 60' Studio 1	08:15 7 HYBRID SkillX (Gym)	08:10 GRIT Studio 3	08:00 BOOTCAMP Outdoor	11:30 FIT & LIT 75' Studio 1	
09:00 7 WORKOUT Studio 1	10:30 7 METCON SkillX (Gym)	09:00 HYPOPRESSIVE Studio 2	09:00 7 WORKOUT Studio 1	09:00 MOBILITY Studio 2		
10:15 BARRE Studio 2	10:30 BUMS & TUMS Studio 2	11:15 7 WORKOUT Studio 1	10:00 YOGA FLOW 60' Studio 1	09:00 7 WORKOUT Studio 1		
11:15 PILATES Studio 1	11:15 PILATES Studio 1	12:15 BREATHE & STRETCH Studio 2	10:30 BUMS & TUMS Studio 2	10:00 7 HYBRID SkillX (Gym)		
12:15 TRX Studio 2	12:15 BUMS & TUMS Studio 1	12:15 INSTABILITY TONE Studio 1	11:15 PILATES Studio 1	11:00 BARRE FLOOR 60' Studio 1		
12:15 SWEAT Studio 1	12:30 7 HYBRID SkillX (Gym)	12:30 7 METCON SkillX (Gym)	11:20 BARRE FLOOR Studio 2	12:15 BREATHE & STRETCH Studio 2		
12:30 7 METCON SkillX (Gym)	13:15 BALLET SCULPT Studio 2	13:00 VIBE & RIDE Studio Cycle	12:15 BUMS & TUMS Studio 2	12:15 7 AEROBIC Studio 1		
13:00 VIBE & RIDE Studio Cycle	13:15 CORE 15' Studio 1	13:15 TRX Studio 2	12:45 VIBE & RIDE Studio Cycle	12:30 VIBE & RIDE Studio Cycle		
13:15 BREATHE & STRETCH Studio 2	13:30 BURN BABY BURN 30' Studio 1	13:15 GRIT 30' Studio 1	13:00 7 HYBRID SkillX (Gym)	12:30 7 METCON SkillX (Gym)		
13:15 FITBOXING Studio 3	18:30 BOXE Studio 3	18:15 CORE 30' Studio 1	13:15 BALLET SCULPT Studio 2	13:15 PILATES Studio 2		
18:15 7 WORKOUT Studio 2	18:45 YOGA FLOW 60' Studio 2	18:45 PILATES Studio 1	13:15 CORE 15' Studio 1	13:15 7 WORKOUT Studio 1		
18:15 CORE 30' Studio 1	18:45 7 WORKOUT Studio 1	19:00 SPINNING 60' Studio Cycle	13:30 BURN BABY BURN 30' Studio 1	18:30 SWEAT Studio 1		
18:45 PILATES Studio 1	19:15 BOOTCAMP Outdoor	19:00 7 HYBRID SkillX (Gym)	18:45 7 WORKOUT Studio 1	18:45 BREATHE & STRETCH Studio 3		
19:00 SPINNING 60' Studio Cycle		19:40 7 WORKOUT Studio 1	19:15 BOOTCAMP Outdoor	19:15 PILATES Studio 1		
19:15 7 HYBRID SkillX (Gym)						
19:30 MOBILITY Studio 2						

