

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 55' Studio 1	07:05 YOGA IYENGAR 55' Studio 2	07:05 PILATES 55' Studio 1	07:05 YOGA IYENGAR 75' Studio 2	09:05 TRX Studio 2	10:00 GRIT Studio 1
07:05 MORNING BOOST Studio 2	07:05 7 CYCLE Studio Cycle	07:05 MORNING BOOST Studio 1	07:05 7 CYCLE Studio Cycle	07:05 MORNING BOOST Studio 1	09:30 VIBE & RIDE Studio Cycle	10:00 YOGA HATHA 60' Studio 2
07:05 7 SPINNING Studio Cycle	07:15 BOXE Studio 3	07:05 7 SPINNING Studio Cycle	07:15 SWIMMING Pool	07:05 7 CYCLE Studio Cycle	10:00 BOOTCAMP Outdoor	10:45 7 CYCLE Studio Cycle
07:30 7 HYBRID SkillIX (Gym)	07:15 SWIMMING Pool	07:30 HYDRO Pool	07:30 7 METCON SkillIX (Gym)	07:30 HYDRO Pool	10:00 YOGA FLOW 60' Studio 1	10:45 BARRE Studio 1
08:00 7 WORKOUT Studio 2	08:10 BUMS & TUMS 30' Studio 2	08:00 7 WORKOUT Studio 1	08:10 BUMS & TUMS 30' Studio 2	08:00 7 WORKOUT Studio 1	10:30 7 SPINNING Studio Cycle	11:30 HYDRO Pool
08:10 BREATHE & STRETCH Studio 2	08:10 BALLET SCULPT Studio 1	08:10 BREATHE & STRETCH Studio 2	08:10 BALLET SCULPT Studio 1	08:00 7 OUTDOOR CIRCUIT Outdoor	10:30 BUMS & TUMS 30' Studio 2	11:45 7 WORKOUT Studio 1
08:10 GRIT Studio 3	08:10 7 MOVEMENT FLOW Studio 3	08:15 7 HYBRID SkillIX (Gym)	08:10 7 MOVEMENT FLOW Studio 3	08:10 GRIT Studio 3	11:30 SPINNING Studio Cycle	11:45 7 CYCLE Studio Cycle
09:00 MOBILITY Studio 2	09:00 7 AEROBIC Studio 2	09:00 HYPOPRESSIVE Studio 2	09:00 7 WORKOUT Studio 1	09:00 MOBILITY Studio 2	11:30 FIT & LIT 75' Studio 1	
09:00 BODY PUMP Studio 2	09:00 7 WORKOUT Studio 1	09:00 BODY PUMP Studio 1	10:00 YOGA SWASTHYA 60' Studio 1	09:00 7 WORKOUT Studio 1	11:30 PILATES Studio 2	
10:00 BALANCE & POSTURE Studio 1	10:00 YOGA SWASTHYA 60' Studio 1	10:00 BALANCE & POSTURE Studio 1	10:30 BUMS & TUMS Studio 2	10:00 BALANCE & POSTURE Studio 2	11:45 AQUA BOUNCE Pool	
10:15 BARRE Studio 2	10:00 7 METCON SkillIX (Gym)	10:00 YOGA KUNDALINI 60' Studio 2	11:15 HYDRO Pool	10:00 7 HYBRID SkillIX (Gym)	12:00 FITBOXING Studio 3	
10:45 PILATES Studio 3	10:30 BUMS & TUMS Studio 2	10:45 AQUA PHYSIO Pool	11:15 PILATES Studio 1	10:45 AQUA PHYSIO Pool		
10:45 AQUA PHYSIO Pool	11:15 PILATES Studio 1	11:00 BARRE FLOOR 60' Studio 2	11:20 BARRE 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 BUMS & TUMS Studio 2	11:30 AQUA PHYSIO Pool		
11:30 AQUA PHYSIO Pool	12:15 BUMS & TUMS Studio 1	11:30 AQUA PHYSIO Pool	12:15 7 CARDIO DANCE Studio 1	12:15 BREATHE & STRETCH Studio 2		
12:15 TRX Studio 2	12:30 7 HYBRID SkillIX (Gym)	12:15 BREATHE & STRETCH Studio 2	13:00 7 CYCLE Studio Cycle	12:15 7 AEROBIC Studio 1		
12:15 SWEAT Studio 1	13:00 7 CYCLE Studio Cycle	12:15 INSTABILITY TONE Studio 1	13:00 TANGO ARGENTINO Studio 3	12:15 AQUA PHYSIO Pool		
12:15 CONTEMPORARY DANCE Studio 3	13:00 TANGO ARGENTINO 60' Studio 3	12:15 AQUA PHYSIO Pool	13:00 7 HYBRID SkillIX (Gym)	12:30 7 METCON SkillIX (Gym)		
12:15 AQUA PHYSIO Pool	13:15 BALLET SCULPT Studio 2	12:30 7 METCON SkillIX (Gym)	13:15 BALLET SCULPT Studio 2	13:00 7 CYCLE Studio Cycle		
12:30 7 METCON SkillIX (Gym)	13:15 CORE 15' Studio 1	13:00 7 CYCLE Studio Cycle	13:15 CORE 15' Studio 1	13:15 7 HYBRID PRO 60'* Outdoor		
13:00 7 SPINNING Studio Cycle	13:30 7 HIIT 30' Studio 1	13:00 CONTEMPORARY DANCE Studio 3	13:30 HIIT 30' Studio 1	13:15 PILATES Studio 2		
13:15 BREATHE & STRETCH Studio 2	15:00 AQUA PHYSIO Pool	13:15 TRX Studio 2	15:00 AQUA PHYSIO Pool	13:15 7 JUMP Studio 1		
13:15 7 WORKOUT Studio 2	18:30 BOXE Studio 3	13:15 BODY PUMP Studio 1	18:45 BODY PUMP Studio 1	13:15 AQUA BOUNCE Pool		
13:15 FITBOXING Studio 3	18:45 YOGA FLOW 60' Studio 2	13:15 HYDRO Pool	13:15 HYDRO Pool	18:15 SWEAT 30' Studio 1		
13:15 HYDRO Pool	18:45 BODY PUMP Studio 1	15:15 POWER MAMMAS Studio 2	19:30 7 HYBRID PRO 60'* Outdoor	18:45 BUMS & TUMS 30' Studio 1		
13:15 7 HYBRID PRO 60'* Outdoor	19:15 7 OUTDOOR CIRCUIT Outdoor	18:15 CORE 30' Studio 1	19:30 SWIMMING Pool	18:45 YOGA IYENGAR 60' Studio 2		
15:15 POWER MAMMAS Studio 2	19:30 PILATES Studio 3	18:45 PILATES Studio 1	19:40 PILATES Studio 2	18:45 AQUA PHYSIO Pool		
18:15 7 WORKOUT Studio 2	19:30 SWIMMING Pool	18:45 YOGA IYENGAR 60' Studio 2		19:15 PILATES Studio 1		
18:15 CORE 30' Studio 1	19:40 GRIT Studio 1	19:00 SPINNING 60' Studio Cycle				
18:45 PILATES Studio 1		19:00 7 HYBRID SkillIX (Gym)				
19:00 7 SPINNING 60' Studio Cycle		19:40 7 WORKOUT Studio 1				
19:00 7 HYBRID SkillIX (Gym)		19:45 AQUA PHYSIO Pool				
19:15 BREATHE & STRETCH Studio 3		20:00 CONTEMPORARY DANCE 60' Studio 2				
19:15 AQUA PHYSIO Pool						
19:30 MOBILITY Studio 2						
20:00 CONTEMPORARY DANCE 60' Studio 1						

07:00-08:00

AQUA

08:00-09:00

BODY & MIND

09:00-10:00

CARDIO

10:00-11:00

DANCE

11:00-12:00

HIIT

12:00-13:00

MOBILITY & STRETCH

13:00-14:00

PRE & POSTPARTUM

14:00-15:00

STRENGTH

* Disponível a partir de 8 de Setembro | Available after September 8th

CLUB7