SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
07:15 CYCLING 45´	07:15 XTREME BOX 60´	07:15 CYCLING 50´	07:15 LOCALIZADA 50´	07:15 XTREME BOX 60´	
09:05 YOGA 50'	09:20 GOFLO 30´	09:10 BODY BALANCE 45'	09:20 XTREME BOX 60´	09:15 CYCLING 50´	09:20 XTREME BOX 60´
10:05 G.A.P. (+) 45'	10:15 CYCLING 50´	10.05 LOCALIZADA 45´	10:00 ZUMBA 50'	10:05 PILATES 50'	10:00 HIP HOP KIDS 45´
12.45 XTREME BOX 60´		12:45 XTREME BOX 60´		12:45 XTREME BOX 60´	10:30 ZUMBA 50'
13:15 BODY PUMP 50'	13:15 PILATES 50'		13:15 CYCLING 50´		10:35 CYCLING 50´
					11:30 BODY PUMP 50'
	17:15 LOCALIZADA 50'	17:20 G.A.P. 30'	17:30 G.A.P. (+) 45´		
		18:00 FITCOMBAT 30'		18:00 CYCLING 30´	
	18:10 YOGA 50'	18:10 CYCLING 45´	18:20 HIIT 30´		18:00 LOCALIZADA 50'
18:20 CROSS KIDS 40´		18:25 DANCING KIDS 45´	18:20 CROSS KIDS 40´	18:25 DANCING KIDS 45´	18.00 XTREME BOX 60´
18:25 CYCLING 30´	18:25 BODY JUMP 35´	18:25 TRX 30´	18:30 BODY PUMP 50'	18.30 D. PESSOAL F. 45´	
18:30 LOCALIZADA 45´	18:30 CYCLING 50´	18:40 LOCALIZADA 45´	18:40 CYCLING 50´	18:40 3B 30´	
19:00 G.A.P. 30´	19:00 JUDO KIDS 45´	19:00 KICKBOXING 60´	19:00 CORE (Abs) 30´		
19:10 KEMPO KIDS 45´	19:05 CORE (Abs) 30´	19:05 CYCLING 45´	19:10 KEMPO KIDS 45´	19:10 CYCLING 50´	
19:10 XTREME BOX 60´	19:10 XTREME BOX 60´	19:10 XTREME BOX 60´	19:10 XTREME BOX 60´	19:10 XTREME BOX 60´	
19:20 STEP 45´	19:10 BODY PUMP 50'	19:10 BUMFIT 30´	19:30 LOCALIZADA 45´	19.15 JUDO KIDS 45´	
19:30 CYCLING 45´	19:30 CYCLING 50´	19:30 BODY BALANCE 45´	19:40 CYCLING 50´	19:20 ZUMBA 50'	
19:35 CORE (Abs) 30´	19:40 3B 30´	19:45 BODY JUMP 30´	19:45 PILATES 45´		
20:00 KEMPO 65´	20:00 KICKBOXING 70´	20:05 CYCLING 45´	20:00 KEMPO 80´	20.00 KICKBOXING 70´	
20:10 ZUMBA 50'	20:15 FIT COMBAT 45´			20:15 BODY BALANCE 45´	
20:15 XTREME BOX 60´	20:15 XTREME BOX 60´	20:15 XTREME BOX 60´	20:15 XTREME BOX 60´		
20:20 TRX 30´		20:20 BODY PUMP 45´	20:20 FIT COMBAT 45´		
21:05 CYCLING 45´	21:05 LOCALIZADA 50´	20:30 ZUMBA 45´			
21:15 PILATES 45'		21:15 YOGA 50´	21:10 PILATES 45'		

XPRESS CLASSES

SEGUNDA	
18.45	XPRESS ABS 15'
19.15	XPRESS ABS 15'
QUARTA	
18.45	XPRESS ABS 15'
19.15	XPRESS ABS 15'
QUINTA	
18.45	XPRESS ABS 15'
19.15	XPRESS ABS 15'

	BE-FIT
	BE-FIT
	BE-FIT
Sala 1	BE -XTREME
Sala 2	BE -XTREME

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