

HORA	2ª	E - D - P	3ª	E - D - P	4ª	E - D - P	5ª	E - D - P	6ª	E - D - P	SÁBADO	E - D - P	DOMINGO	E - D - P
07H15	INDOOR CYCLING	E3-45'-PS	LOCALIZADA	E1-30'-SC			LES MILLS BODYPUMP™	E1-30'-SC	INDOOR CYCLING	E3-45'-PS				
09H30											LES MILLS BODYPUMP™	E1-60'-DP		
10H15	LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E3-30'-DP	INDOOR CYCLING	E3-45'-IM	LES MILLS BODYPUMP™	E1-45'-DP	ZUMBA	E1-45'-CN	INDOOR CYCLING	E3-45'-RT			LES MILLS BODYATTACK™	E1-45'-DC
10H45											INDOOR CYCLING	E3-45'-DP		
11H00	HIT	E1-30'-DP							YOGA	E1-60'-JN (11H05)				
11H15			ZUMBA	E1-45'-CN	CORPUS ZEN	E2-30'-RT	LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E2-30'-DP					LOCALIZADA	E1-45'-DC
11H30											LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E2-30'-CN		
12H30														
13H15	LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E2-30'-CN	LES MILLS BODYPUMP™	E1-30'-DP	GAP	E1-30'-RT			LES MILLS BODYPUMP™	E1-30'-SC				
18H00	INDOOR CYCLING	E3-45'-DP		E1-45'-SC (17H45)			INDOOR CYCLING	E3-45'-DP	LOCALIZADA	E1-45'-DR				
18H15	GAP	E1-30'-SC			LOCALIZADA	E1-45'-SC								
18H30			LES MILLS BODYATTACK™	E1-45'-AG			ZUMBA	E1-45'-CN	INDOOR CYCLING	E3-45'-AG				
18H45									LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E2-30'-CN				
19H00	LES MILLS BODYPUMP™	E1-60'-DP	INDOOR CYCLING	E3-45'-RT	YOGA	E2-60'-JN	CORPUS ZEN	E2-30'-DP						
19H15					HIT	E1-30'-SC			POWER JUMP	E1-45'-AG (19H20)				
19H30	YOGA	E2-45'-JN	POWER JUMP	E1-45'-AG			LES MILLS BODYATTACK™	E1-60'-XP					E	ESTÚDIO
19H30			LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E2-30'-DP	INDOOR CYCLING	E3-45'-RT	LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E2-30'-DP (19H45)	LES MILLS BODYCOMBAT™	E2-45'-DR			D	DURAÇÃO
20H05					LES MILLS BODYPUMP™	E1-45'-DP							P	PROFESSOR
20H15	INDOOR CYCLING	E3-45'-PB	ZUMBA	E2-45'-CN			INDOOR CYCLING	E3-45'-PB	ZUMBA	E1-45'-CN				
20H30	LES MILLS CXWORX™ 30 MINUTE REVOLUTIONARY CORE TRAINING	E2-30'-DP	GAP	E1-30'-RT										