

QUINTA 22/10	SEXTA 23/10	SÁBADO 24/10	DOMINGO 25/10	SEGUNDA 26/10	TERÇA 27/10	QUARTA 28/10
07:15 – 08:15 Crosstraining Sala Xtreme 1	07:15 – 08:15 Hybrid Training Sala Xtreme 1	09:20 – 10:20 Crosstraining Sala Xtreme 1	Sem aulas	07:15 – 08:00 Cycling Sala Cycling	07:15 – 08:15 Hybrid Training Sala Xtreme 1	09:15 – 10:00 Localizada Sala Verde
09:15 – 10:00 Zumba Sala Verde	09:15 – 10:00 Cycling Sala Cycling	09:30 – 10:15 Cycling Sala Cycling		09:30 – 10:15 G.A.P. Sala Verde	09:15 – 10:00 Yoga Sala Verde	10:05 – 10:50 Beflow Sala Verde
10:15 – 11:00 Yoga Sala Verde	10:30 – 11:15 Pilates Sala Verde	10:30 – 11:15 Cycling Sala Cycling		10:30 – 11:15 Pilates Sala Verde	09:15 – 10:00 Cycling Sala Cycling	12:45 – 13:45 Crosstraining Sala Xtreme 1
13:15 – 14:00 Cycling Sala Cycling	12:45 – 13:45 Hybrid Training Sala Xtreme 1	11:35 – 12:20 Body Pump Sala Xtreme 2		12:45 – 13:45 Crosstraining Sala Xtreme 1	13:00 – 13:45 Body Pump Sala Verde	18:30 – 19:15 Cycling Sala Cycling
18:20 – 19:05 Cycling Sala Cycling	18:30 – 19:15 Step_Local Sala Xtreme 2			18:25 – 19:10 Cycling Sala Cycling	17:45 – 18:30 Body & Mind Sala Xtreme 2	18:30 – 19:15 Localizada Sala Xtreme 2
18:30 – 19:15 Body Pump Sala Xtreme 2	18:45 – 19:30 Cycling Sala Cycling			18:30 – 19:30 Crosstraining Sala Xtreme 1	18:20 – 19:05 Cycling Sala Cycling	18:30 – 19:30 Crosstraining Sala Xtreme 1
18:35 – 19:20 Pilates Sala Verde	19:15 – 20:15 Hybrid Training Sala Xtreme 1			18:30 – 19:15 Localizada Sala Xtreme 2	18:20 – 19:20 Hybrid Training Sala Xtreme 1	19:25 – 19:55 CORE Sala Xtreme 2
19:25 – 20:10 Cycling Sala Cycling	19:30 – 20:15 Body & Mind Sala Xtreme 2			19:20 – 20:05 G.A.P. Sala Verde	19:20 – 20:05 Body Pump Sala Xtreme 2	19:35 – 20:20 Cycling Sala Cycling
19:30 – 20:15 3B Bum Bum Brasil Sala Xtreme 2				19:35 – 20:35 Crosstraining Sala Xtreme 1	19:25 – 20:10 Cycling Sala Cycling	19:45 – 20:30 Fit Combat Sala Verde
19:35 – 20:20 Localizada Sala Verde				19:35 – 20:20 Cycling Sala Cycling	19:25 – 20:25 Hybrid Training Sala Xtreme 1	20:10 – 20:55 Pilates Sala Xtreme 2
19:35 – 20:20 Crosstraining Sala Xtreme 1				19:45 – 20:30 Step Sala Xtreme 2	20:30 – 21:15 Localizada Sala Verde	
				20:20 – 21:05 Pilates Sala Verde	20:45 – 21:30 Zumba Sala Xtreme 2	

■ Sala Cycling
 ■ Sala Verde
 ■ Sala Xtreme 1
 ■ Sala Xtreme 2

QUINTA 29/10	SEXTA 30/10	SÁBADO 31/10	DOMINGO 01/11	SEGUNDA 02/11	TERÇA 03/11	QUARTA 04/11
07:15 – 08:15 Crosstraining Sala Xtreme 1	07:15 – 08:15 Hybrid Training Sala Xtreme 1	09:20 – 10:20 Crosstraining Sala Xtreme 1	Sem aulas	07:15 – 08:00 Cycling Sala Cycling	07:15 – 08:15 Hybrid Training Sala Xtreme 1	09:15 – 10:00 Localizada Sala Verde
09:15 – 10:00 Zumba Sala Verde	09:15 – 10:00 Cycling Sala Cycling	09:30 – 10:15 Cycling Sala Cycling		09:30 – 10:15 G.A.P. Sala Verde	09:15 – 10:00 Yoga Sala Verde	10:05 – 10:50 Beflow Sala Verde
10:15 – 11:00 Yoga Sala Verde	10:30 – 11:15 Pilates Sala Verde	10:30 – 11:15 Cycling Sala Cycling		10:30 – 11:15 Pilates Sala Verde	09:15 – 10:00 Cycling Sala Cycling	12:45 – 13:45 Crosstraining Sala Xtreme 1
13:15 – 14:00 Cycling Sala Cycling	12:45 – 13:45 Hybrid Training Sala Xtreme 1	11:35 – 12:20 Body Pump Sala Xtreme 2		12:45 – 13:45 Crosstraining Sala Xtreme 1	13:00 – 13:45 Body Pump Sala Verde	18:30 – 19:15 Localizada Sala Xtreme 2
18:20 – 19:05 Cycling Sala Cycling	18:30 – 19:15 Step_Local Sala Xtreme 2			18:25 – 19:10 Cycling Sala Cycling	17:45 – 18:30 Body & Mind Sala Xtreme 2	18:30 – 19:15 Cycling Sala Cycling
18:30 – 19:15 Body Pump Sala Xtreme 2	18:45 – 19:30 Cycling Sala Cycling			18:30 – 19:30 Crosstraining Sala Xtreme 1	18:20 – 19:20 Hybrid Training Sala Xtreme 1	18:30 – 19:30 Crosstraining Sala Xtreme 1
18:35 – 19:20 Pilates Sala Verde	19:15 – 20:15 Hybrid Training Sala Xtreme 1			18:30 – 19:15 Localizada Sala Xtreme 2	18:20 – 19:05 Cycling Sala Cycling	19:25 – 19:55 CORE Sala Xtreme 2
19:25 – 20:10 Cycling Sala Cycling	19:30 – 20:15 Body & Mind Sala Xtreme 2			19:20 – 20:05 G.A.P. Sala Verde	19:20 – 20:05 Body Pump Sala Xtreme 2	19:35 – 20:20 Cycling Sala Cycling
19:30 – 20:15 3B Bum Bum Brasil Sala Xtreme 2				19:35 – 20:35 Crosstraining Sala Xtreme 1	19:25 – 20:10 Cycling Sala Cycling	19:45 – 20:30 Fit Combat Sala Verde
19:35 – 20:20 Localizada Sala Verde				19:45 – 20:30 Step Sala Xtreme 2	19:25 – 20:25 Hybrid Training Sala Xtreme 1	20:10 – 20:55 Pilates Sala Xtreme 2
19:35 – 20:20 Crosstraining Sala Xtreme 1				20:20 – 21:05 Pilates Sala Verde	20:30 – 21:15 Localizada Sala Verde	
					20:45 – 21:30 Zumba Sala Xtreme 2	

■ Sala Cycling
 ■ Sala Verde
 ■ Sala Xtreme 1
 ■ Sala Xtreme 2