

SEXTA 23/10	SÁBADO 24/10	DOMINGO 25/10	SEGUNDA 26/10	TERÇA 27/10	QUARTA 28/10	QUINTA 29/10
07:15 – 08:00 LOCALIZADA SALA 2	09:30 – 10:15 CYCLING SALA DE CYCLING	Sem aulas	07:15 – 08:00 CYCLING SALA DE CYCLING	09:00 – 09:45 CYCLING SALA DE CYCLING	07:15 – 08:00 PILATES SALA 1	09:00 – 09:45 CYCLING SALA DE CYCLING
09:00 – 09:45 PILATES SALA 1	10:30 – 11:15 PILATES SALA 1		09:00 – 09:45 PILATES SALA 1	12:45 – 13:30 LOCALIZADA SALA 2	09:00 – 09:45 LOCALIZADA SALA 2	12:45 – 13:30 PILATES SALA 1
12:45 – 13:30 CYCLING SALA DE CYCLING			12:45 – 13:30 CYCLING SALA DE CYCLING	18:00 – 18:45 PILATES SALA 1	17:45 – 18:15 GAP SALA 2	18:00 – 18:45 BODYPUMP SALA 2
18:15 – 19:00 LOCALIZADA SALA 2			17:45 – 18:30 BODYPUMP SALA 2	18:15 – 19:00 CYCLING SALA DE CYCLING	18:00 – 18:45 CYCLING SALA DE CYCLING	18:15 – 19:00 ZUMBA SALA 1
18:30 – 19:15 YOGA SALA 1			18:00 – 18:30 CORE SALA 1	18:45 – 19:30 BODYPUMP SALA 2	18:30 – 19:15 STEP SALA 2	18:30 – 19:15 CYCLING SALA DE CYCLING
19:00 – 19:45 CYCLING SALA DE CYCLING			18:30 – 19:15 CYCLING SALA DE CYCLING	19:00 – 19:45 ZUMBA SALA 1	18:45 – 19:15 CORE SALA 1	19:15 – 20:00 LOCALIZADA SALA 2
19:15 – 19:45 GAP SALA 2			18:45 – 19:30 LOCALIZADA SALA 2	19:15 – 20:00 CYCLING SALA DE CYCLING	19:00 – 19:45 CYCLING SALA DE CYCLING	19:15 – 20:00 PILATES SALA 1
			19:00 – 19:45 PILATES SALA 1	20:00 – 20:45 3B SALA 2	19:30 – 20:15 LOCALIZADA SALA 2	19:30 – 20:15 CYCLING SALA DE CYCLING
			19:30 – 20:15 CYCLING SALA DE CYCLING		19:45 – 20:30 YOGA SALA 1	
			19:45 – 20:30 STEP SALA 2			

■ SALA 1
 ■ SALA 2
 ■ SALA DE CYCLING