

| SEGUNDA | | | TERÇA | | | QUARTA | | | QUINTA | | | SEXTA | | | SÁBADO | | | DOMINGO | | |
|---------|--------------|-------------|---------|----------------|--------------|---------|--------------|-------------|---------|--------------|--------------|---------|----------------|--------------|---------|-----------|-------------|---------|--------------|------------|
| Horário | Atividade | Local | Horário | Atividade | Local | Horário | Atividade | Local | Horário | Atividade | Local | Horário | Atividade | Local | Horário | Atividade | Local | Horário | Atividade | Local |
| 07:00 | Indoor Cycle | III 45' CS | 07:00 | Cross Training | III 45' CZ | 07:00 | Indoor Cycle | III 45' CS | 07:00 | Indoor Cycle | III 45' CS | 07:00 | Cross Training | III 45' CZ | | | | | | |
| 07:30 | Abs Express | 15' CZ | 07:30 | Abs Express | 15' CZ | 07:30 | Abs Express | 15' CZ | 07:30 | Abs Express | 15' CZ | 07:30 | Abs Express | 15' CZ | 09:00 | Yoga | II 45' ST 2 | | | |
| | | | | | | 07:50 | Core Fit | II 30' ST 1 | | | | | | | 10:00 | Zumba | I 60' ST 1 | 10:30 | Indoor Cycle | III 45' CS |
| 09:15 | Gap | II 45' ST 1 | 09:15 | Core Fit | II 30' ST 1 | | | | 09:15 | Core Fit | II 30' ST 1 | 09:15 | Pilates | II 45' ST 2 | 11:30 | Body Pump | II 45' ST 1 | | | |
| | | | 09:50 | Stretching | I 45' ST 2 | 09:15 | Step & Local | II 45' ST 1 | 09:50 | Stretching | I 45' ST 2 | | | | | | | | | |
| 12:30 | Abs Express | 15' CZ | 12:30 | Abs Express | 15' CZ | 12:30 | Abs Express | 15' CZ | 12:30 | Abs Express | 15' CZ | 12:30 | Abs Express | 15' CZ | | | | | | |
| 13:15 | Pilates | II 45' ST 1 | 13:15 | Step & Local | II 45' ST 1 | 13:15 | Pilates | II 45' ST 1 | 13:15 | Gap | II 45' ST 1 | 13:15 | Body Pump | II 45' ST 1 | | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
| 18:25 | Step & Local | II 45' ST 1 | 18:45 | BodyCombat | III 30' ST 1 | 17:00 | Nutritime | 30' RC | 18:15 | Yoga | II 45' ST 2 | 19:00 | Abs Express | 15' CZ | | | | | | |
| 19:00 | Abs Express | 15' CZ | 19:00 | Abs Express | 15' CZ | 18:25 | Step & Local | II 45' ST 1 | 19:00 | Abs Express | 15' CZ | 19:15 | Fat Burn | III 45' ST 1 | | | | | | |
| 18:30 | Yoga | II 45' ST 2 | 19:20 | Pilates | II 45' ST 2 | 19:00 | Abs Express | 15' CZ | 19:00 | BodyCombat | III 45' ST 1 | 19:30 | Indoor Cycle | III 45' CS | | | | | | |
| 19:20 | Body Pump | II 45' ST 1 | 19:30 | Local Fit | II 45' ST 1 | 19:20 | Body Pump | II 45' ST 1 | 19:20 | Pilates | II 45' ST 2 | 20:00 | Abs Express | 15' CZ | | | | | | |
| 20:00 | Abs Express | 15' CZ | 19:30 | Indoor Cycle | III 45' CS | 19:30 | Indoor Cycle | III 45' CS | 19:30 | Indoor Cycle | III 45' CS | | | | | | | | | |
| 19:30 | Indoor Cycle | III 45' CS | 20:00 | Abs Express | 15' CZ | 20:00 | Abs Express | 15' CZ | 20:00 | Abs Express | 15' CZ | | | | | | | | | |
| 20:15 | Zumba | I 60' ST 1 | 20:20 | Fat Burn | III 45' ST 1 | 20:15 | Zumba | I 60' ST 1 | 20:00 | Zumba | I 60' ST 1 | | | | | | | | | |
| | | | 20:20 | Pilates | II 45' ST 2 | | | | 20:20 | Pilates | II 45' ST 2 | | | | | | | | | |

| AULAS EXTRAS | | | | | | | | | | | | | | | | | | | | |
|--------------|-------------|-----------|-------|------------|-----------|-------|--------------|-----------|-------|-----------|-----------|-------|----------------|-----------|-------|-----------|-----------|--|--|--|
| 18:45 | Karaté Kids | 60' ST 3 | 18:15 | Cross Kids | 45' ST 2 | 18:15 | Pilates Kids | 45' ST 2 | 17:00 | Boxe | 120' ST 3 | 18:15 | Jiu-jitsu Kids | 45' ST 2 | 10:00 | Muay Thai | 120' ST 3 | | | |
| 19:45 | Karaté | 60' ST 2 | 19:00 | Boxe | 120' ST 3 | 18:45 | Karaté Kids | 60' ST 3 | 19:00 | Boxe | 120' ST 3 | 18:30 | Karaté Mix | 60' ST 3 | | | | | | |
| 20:00 | Boxe | 120' ST 3 | 21:15 | Jiu-jitsu | 60' ST 2 | 19:45 | Karaté | 60' ST 2 | 21:15 | Jiu-Jitsu | 60' ST 2 | 20:00 | Jiu-jitsu | 60' ST 2 | | | | | | |
| | | | | | | 20:00 | Muay Thai | 120' ST 3 | | | | 20:00 | Muay Thai | 120' ST 3 | | | | | | |