

SEGUNDA			TERÇA			QUARTA			QUINTA			SEXTA			SÁBADO			DOMINGO		
07:00	Indoor Cycle	III 45' CS	07:00	Cross Training	III 45' CZ	07:00	Indoor Cycle	III 45' CS	07:00	Cross Training	III 45' CZ	07:00	Indoor Cycle	III 45' CS						
08:00	Abs Express	15' CZ	08:00	Abs Express	15' CZ	07:50	Core Fit	II 30' ST 1	07:00	Yoga	II 45' ST 2	08:00	Abs Express	15' CZ	09:00	Yoga	II 45' ST 2			
						08:00	Abs Express	15' CZ	08:00	Abs Express	15' CZ				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	Body Pump	II 45' ST 1	09:15	Core Fit	II 30' ST 1	09:15	Pilates	II 45' ST 1	11:30	Body Pump	II 45' ST 1			
			09:50	Stretching	I 45' ST 1				09:50	Stretching	I 45' ST 1									
13:15	Pilates	II 45' ST 1	13:15	Local Fit	II 45' ST 1	13:15	Pilates	II 45' ST 1	13:15	Local Fit	II 45' ST 1	13:15	Body Pump	II 45' ST 1						
18:25	Local Fit	II 45' ST 1	18:45	BodyCombat	III 30' ST 1	18:25	Local Fit	II 45' ST 1	19:00	BodyCombat	III 45' ST 1	18:30	Yoga	II 45' ST 1						
18:30	Yoga	II 45' ST 2	19:00	Abs Express	15' CZ	18:30	Nutritime	30' RC	19:00	Abs Express	15' CZ	19:00	Abs Express	15' CZ						
19:00	Abs Express	15' CZ	19:30	Pilates	II 45' ST 2	19:00	Abs Express	15' CZ	19:30	Pilates	II 45' ST 2	19:30	Fat Burn	III 45' ST 1						
19:20	Body Pump	II 45' ST 1	19:30	Local Fit	II 45' ST 1	19:20	Body Pump	II 45' ST 1	19:30	Indoor Cycle	III 45' CS	19:30	Indoor Cycle	III 45' CS						
20:00	Abs Express	15' CZ	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						
19:30	Indoor Cycle	III 45' CS	20:00	Abs Express	15' CZ	20:00	Abs Express	15' CZ	20:00	Zumba	I 60' ST 1									
20:15	Zumba	I 60' ST 1	20:20	Fat Burn	III 45' ST 1	20:20	Zumba	I 60' ST 1	20:20	Pilates	II 45' ST 2									
			20:20	Pilates	II 45' ST 2															

AULAS EXTRAS

12:15	Jiu-Jitsu	60' ST 2	17:30	Jiu-jitsu Kids 1	45' ST 2	12:15	Jiu-Jitsu	60' ST 2	18:30	Jiu-jitsu Kids	45' ST 2	12:15	Jiu-Jitsu	60' ST 2	10:00	Muay Thai	120' ST 3
18:45	Karaté Kids	60' ST 3	18:30	Jiu-jitsu Kids 2	45' ST 2	18:30	Jiu-jitsu Juniores	45' ST 2	19:00	Boxe	120' ST 3	18:30	Jiu-jitsu Kids	45' ST 2	10:30	Jiu-jitsu Juniores	45' ST 2
19:45	Karaté	60' ST 2	19:00	Boxe	120' ST 3	18:45	Karaté Kids	60' ST 3	21:15	Jiu-Jitsu	60' ST 2	18:30	Karaté Mix	60' ST 3	11:30	Jiu-Jitsu	60' ST 2
20:00	Boxe	120' ST 3	21:15	Jiu-Jitsu	60' ST 2	19:45	Karaté	60' ST 2				19:30	Jiu-Jitsu Juniores	45' ST 2			
21:15	Jiu-Jitsu	60' ST 2				20:00	Muay Thai	120' ST 3				19:30	Jiu-Jitsu	45' ST 2			
												20:00	Muay Thai	120' ST 3			

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

- Treino Localizado
- Treino Cardio-Respiratório
- Treino Funcional
- Corpo e Mente
- Express
- Dança
- Kids

- Treino Intervalado de Alta Intensidade
- Artes Marciais
- Nutrição



- Níveis de Intensidade**
- I - Intensidade Baixa
 - II - Intensidade Moderada
 - III - Intensidade Alta

- Localização / Estúdio**
- ST 1** Estúdio 1
 - ST 2** Estúdio 2
 - ST 3** Estúdio 3
 - CZ** Cross Zone
 - CS** Estúdio Cycle
 - RC** Recepção

