

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
<p>07:30 Squeezed Xpress 15' SQ</p> <p>10:10 Cardio Boxe I 30' ZS</p> <p>10:50 Core Fit II 30' LS</p> <p>11:30 Abs Xpress 15' CZ</p>	<p>07:10 Indoor Cycle I 30' CS</p> <p>08:00 SQUEEZED 🏆 II 30' SQ</p> <p>10:30 Squeezed Xpress 15' SQ</p>	<p>07:10 Cardio Boxe I 45' ZS</p> <p>07:30 Squeezed Xpress 15' SQ</p> <p>08:00 Yoga I 50' LS</p> <p>08:00 CrossTraining 45' SQ</p> <p>11:30 Abs Xpress 15' CZ</p>	<p>07:10 Indoor Cycle I 30' CS</p> <p>07:50 Local Fit I 30' LS</p> <p>10:10 SQUEEZED 🏆 30' SQ</p> <p>11:30 Abs Xpress I 15' CZ</p>	<p>07:10 CrossTraining 45' SQ</p> <p>08:00 SQUEEZED 🏆 I 30' SQ</p> <p>08:00 Yoga I 50' ZS</p> <p>11:30 Abs Xpress 15' CZ</p>	<p>10:35 SQUEEZED 🏆 30' SQ</p> <p>11:20 Indoor Cycle II 45' CS</p> <p>11:30 Abs Xpress 15' CZ</p> <p>12:10 Yoga I 50' LS</p>	
<p>13:00 Indoor Cycle II 30' CS</p> <p>13:00 Body Pump II 30' LS</p> <p>13:35 Pilates I 30' LS</p>	<p>12:45 Local Fit I 30' LS</p> <p>13:25 Indoor Cycle II 30' CS</p> <p>13:30 Abs Xpress 15' CZ</p>	<p>12:30 Squeezed Xpress 15' SQ</p> <p>13:00 Indoor Cycle II 30' CS</p> <p>13:35 Pilates I 30' ZS</p>	<p>12:30 Core Fit II 30' ZS</p> <p>13:15 Yoga II 45' LS</p> <p>13:10 Cardio Boxe I 45' ZS</p> <p>13:30 Abs Xpress 15' CZ</p>	<p>12:30 SQUEEZED 🏆 I 30' SQ</p> <p>13:10 Body Pump I 30' LS</p> <p>13:20 Pilates I 30' LS</p>		
<p>17:30 Abs Xpress 15' CZ</p> <p>18:20 Body Pump I 30' LS</p> <p>18:45 Cardio Boxe I 30' SQ</p> <p>18:20 Yoga I 50' ZS</p> <p>19:00 Indoor Cycle I 45' CS</p> <p>19:00 Jump I 45' LS</p> <p>19:20 Kickboxe III 60' ZS</p> <p>19:50 ZUMBA I 45' LS</p> <p>20:20 Pilates I 45' ZS</p>	<p>17:30 Squeezed Xpress 15' SQ</p> <p>18:15 Yoga I 50' ZS</p> <p>18:45 Local Fit I 30' LS</p> <p>19:20 FATBURN I 30' LS</p> <p>19:20 Pilates II 30' ZS</p> <p>19:30 Indoor Cycle II 45' CS</p> <p>19:55 BUMBUM I 30' LS</p> <p>20:20 SQUEEZED 🏆 II 45' SQ</p>	<p>17:30 Abs Xpress 15' CZ</p> <p>18:25 Cardio Boxe I 30' SQ</p> <p>18:20 Body Pump H 45' LS</p> <p>19:00 Kickboxe III 60' ZS</p> <p>19:10 Jump H 45' LS</p> <p>19:30 Indoor Cycle II 45' CS</p> <p>20:00 Pilates I 30' ZS</p> <p>20:00 ZUMBA I 45' LS</p>	<p>17:30 Squeezed Xpress 15' SQ</p> <p>18:15 Yoga I 50' ZS</p> <p>18:30 BUMBUM I 30' LS</p> <p>19:05 Jump I 45' LS</p> <p>19:30 Indoor Cycle II 45' CS</p> <p>20:00 Pilates I 45' ZS</p> <p>20:20 SQUEEZED 🏆 45' SQ</p>	<p>17:30 Abs Xpress 15' CZ</p> <p>18:25 Pilates I 30' ZS</p> <p>19:00 Indoor Cycle II 30' CS</p> <p>19:35 Local Fit I 30' LS</p>		

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

- Treino Localizado
- Treino Cardio-Respiratório
- Treino Intervalo de Alta Intensidade
- Treino Funcional
- Corpo e Mente
- Artes Marciais
- Express
- Dança
- Nutrição



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

- Localização / Estúdio
- LS Lemon Studio
 - SQ Squeeze Zone
 - SP Studio Pilates
 - CZ Cross Zone
 - CS Cycle Studio
 - RC Recepção
 - ZS Zen Studio

