

SEGUNDA			TERÇA			QUARTA			QUINTA			SEXTA			SÁBADO			DOMINGO																					
Horário	Nome	Local	Duração	Intensidade	Localização	Horário	Nome	Local	Duração	Intensidade	Localização	Horário	Nome	Local	Duração	Intensidade	Localização	Horário	Nome	Local	Duração	Intensidade	Localização																
07:15	Body Cycle	III	45'	FIT 2 FIT 5		07:10	Hidroginástica	II	45'	PISC		07:10	Hidroginástica	II	45'	PISC		07:15	Local Fit	II	45'	FIT 2																	
08:15	Skill X		45'	SX		07:15	Yoga	I	60'	FIT 2		07:15	Boxing	II	45'	FIT 1		08:15	Skill X	45'	SX		08:10	Indoor Cycle	III	45'	FIT 5												
08:30	Abs Express		15'	GYM		07:15	Skill X	45'	SX		08:30	Abs Express	15'	GYM		07:15	Skill X	45'	SX		08:15	Skill X	45'	SX		08:15	Skill X	45'	SX										
09:30	Yoga	I	60'	FIT 2		08:10	Indoor Cycle	III	45'	FIT 5		09:10	Power Gap	II	30'	FIT 2		08:10	Indoor Cycle	III	45'	FIT 5		08:30	Abs Express	15'	GYM		09:20	Local Fit	III	45'	FIT 2						
10:15	Pilates	I	45'	FIT 1		08:30	Abs Express	15'	GYM		09:45	Yoga	I	60'	FIT 2		08:30	Abs Express	15'	GYM		09:15	Power Gap	II	45'	FIT 2		10:15	Yoga	I	60'	FIT 1							
11:30	Abs Express		15'	GYM		09:20	Local Fit	III	45'	FIT 2		11:30	Abs Express	15'	GYM		09:20	Local Fit	III	45'	FIT 2		11:30	Abs Express	15'	GYM		09:20	Local Fit	III	45'	FIT 2							
12:00	Hidroginástica	II	45'	PISC		10:00	Nutritime	30'	GYM		12:00	Hidroginástica	II	45'	PISC		10:00	Nutritime	30'	GYM		12:00	Hidroginástica	II	45'	PISC		10:00	Step	45'	FIT 2								
12:30	Abs Express		15'	GYM		11:30	Abs Express	15'	GYM		12:15	Indoor Cycle	III	45'	FIT 5		11:30	Abs Express	15'	GYM		12:15	Indoor Cycle	III	45'	FIT 5		10:50	Indoor Cycle	III	45'	FIT 5							
12:30	Body Cycle	III	60'	FIT 2 FIT 5		12:00	Skill X	45'	SX		12:30	Abs Express	15'	GYM		12:00	Skill X	45'	SX		12:30	Abs Express	15'	GYM		11:00	Body Balance	I	45'	FIT 1									
12:45	Skill X		45'	SX		12:00	Pilates	I	45'	FIT 2		12:45	Skill X	45'	SX		12:30	Abs Express	15'	GYM		12:30	Abs Express	15'	GYM		11:00	Body Balance	I	45'	FIT 1								
13:00	Zumba Fitness		45'	FIT 1		12:30	Abs Express	15'	GYM		13:00	Local Fit	III	45'	FIT 2		12:30	Body Pump	III	45'	FIT 2		12:30	Gladiator	II	45'	FIT 1		11:15	Stretching	I	45'	FIT 1						
						12:30	Boxing	II	45'	FIT 1		13:20	Cycle Express	III	30'	FIT 5		12:30	Gladiator	II	45'	FIT 1		12:30	Gladiator	II	45'	FIT 1											
						13:00	Indoor Cycle	III	45'	FIT 5								12:45	Skill X	45'	SX		13:00	Body Cycle	III	60'	FIT 2 FIT 5												
18:15	Body Balance	I	45'	FIT 1		18:15	Bosu	II	30'	FIT 2		18:15	Fat Burn	III	30'	FIT 2		18:30	Yoga	I	45'	FIT 2																	
18:30	Body Pump	III	45'	FIT 2		18:30	Abs Express	15'	GYM		18:30	Abs Express	15'	GYM		18:30	Abs Express	15'	GYM		18:30	Abs Express	15'	GYM		18:30	Abs Express	15'	GYM										
18:30	Abs Express		15'	GYM		18:45	Skill X	45'	SX		19:00	Indoor Cycle	III	45'	FIT 5		18:45	Skill X	45'	SX		19:00	Skill X	45'	SX		19:00	Skill X	45'	SX									
19:00	Skill X		45'	SX		19:00	Indoor Cycle	III	45'	FIT 5		19:00	Skill X	45'	SX		19:00	Indoor Cycle	III	45'	FIT 5		19:30	Zumba Fitness	60'	FIT 2		19:00	Skill X	45'	SX								
19:05	Fit Ball	II	45'	FIT 1		19:00	Yoga	I	60'	FIT 2		19:20	Body Pump	III	45'	FIT 2		19:00	Yoga	I	60'	FIT 2		19:30	Body Balance	II	45'	FIT 1		19:30	Body Balance	II	45'	FIT 1					
19:30	Indoor Cycle	III	45'	FIT 5		19:20	Hidroginástica	II	45'	PISC		19:30	Abs Express	15'	GYM		19:20	Hidroginástica	II	45'	PISC		19:30	Abs Express	15'	GYM		19:30	Abs Express	15'	GYM								
19:30	Abs Express		15'	GYM		19:30	Abs Express	15'	GYM		19:30	Pilates	II	45'	FIT 1		19:30	Abs Express	15'	GYM		20:10	Gladiator	II	45'	FIT 2													
						20:10	Power Gap	45'	FIT 2																														

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

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



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

- Localização / Estúdio
- | | | | | | | | |
|--------------|---------------|--------------|---------------|-------------|----------------|------------|-----------|
| FIT 1 | Estúdio Fit 1 | FIT 4 | Estúdio Fit 4 | PISC | Piscina | OUT | Outdoor |
| FIT 2 | Estúdio Fit 2 | FIT 5 | Estúdio Fit 5 | SP | Studio Pilates | AU | Auditório |
| FIT 3 | Estúdio Fit 3 | TERR | Terraço | SX | Skill X | | |

