

SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO							
07:15 Indoor Cycle	45' CYCL	07:15 Squeezed	45' SQZD	07:15 Cardio Boxe	45' EST 1	07:15 Squeezed	45' SQZD	07:15 Cardio Boxe	45' EST 1				
08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM	08:00 Abs Express	15' GYM				
		09:30 Pilates	45' EST 2		09:30 Yoga	60' EST 2				09:45 Local Fit	45' EST 1		
10:15 Post. E Along	45' EST 1		10:15 Pilates	45' EST 1						10:35 Dance	30' EST 1		
11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:30 Abs Express	15' GYM	11:30 Indoor Cycle	45' CYCL	11:30 Indoor Cycle	45' CYCL
12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM	12:30 Abs Express	15' GYM				
		12:30 Circuito Fit	45' EST 2	12:30 Post. E Along.	45' EST 1	12:30 GAP	45' EST 1	12:30 Post. E Along.	45' EST 1				
12:45 Squeezed	45' SQZD												
			15:30 Nutritime	30' GYM			15:30 Nutritime	30' GYM					
17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM	17:30 Abs Express	15' GYM				
			18:15 Circuito Fit	45' EST 2									
18:30 Pilates	45' EST 1	18:30 Indoor Cycle	45' CYCL		18:30 Cardio Boxe	45' EST 1	18:30 Pilates	45' EST 1					
18:30 Indoor Cycle	45' CYCL	18:30 Zumba	45' EST 1	18:45 Indoor Cycle	45' CYCL	18:30 Indoor Cycle	45' CYCL						
18:45 HIIT	30' EST 2	18:45 Squeezed	45' SQZD	18:45 Squeezed	45' SQZD		18:45 Indoor Cycle	45' CYCL					
19:15 Squeezed	45' SQZD		19:00 Yoga	60' EST 1	19:00 Squeezed	45' SQZD							
		19:15 Pilates	45' EST 2	19:15 AeroDance	45' EST 2	19:15 Pilates	45' EST 2	19:15 Squeezed	45' SQZD				
19:30 Body Pump	45' EST 1	19:30 Cardio Boxe	45' EST 1		19:30 Cross Training	45' EST 1	19:30 Zumba	45' EST 1					
20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM	20:30 Abs Express	15' GYM				
AULAS KIDS													
		18:00 Cross Kids 6-10 anos	45' EST 2	18:00 Fit Play 6-10 anos	45' EST 1	18:00 FITTeen 11-15 anos	45' SQZ	18:30 Ballet	45' EST 2	10:00 Play Yoga 6-10 anos	45' EST 2		
		18:30 Karate	45' EST 2					19:15 Hip Hop / Jazz	45' EST 2	10:30 Karate	45' EST 2		
										11:00 FITTeen 11-15 anos	45' SQZ		

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

- Treino Localizado
- Treino Funcional
- Express
- Kids Card

- Treino Cardio-Respiratório
- Corpo e Mente
- Dança
- Kids Extra

- Treino Intervalo de Alta Intensidade
- Artes Marciais
- Nutrição
- Dança Infantil



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

- Localização / Estúdio
- FIT 1** Estúdio 1
 - FIT 2** Estúdio 2
 - CYCL** Cycle
 - SQZD** Squeezed
 - GYM** Ginásio
 - PISC** Piscina
 - OUT** Outdoor