

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				
								21:15	Jiu-Jitsu	60'	ST 2					20:00	Muay Thai	120'	ST 3				

Legenda (Mapa Aulas sujeito a alterações sem aviso prévio)

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

- 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

 Receção

