

Início	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:15	Virtual cyclingE2 45'	Fit MovesBOX 30'	PilatesE1 45'	Virtual cyclingE2 45'	V-PowerE1 45'		
07:15	GAPE1 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		Virtual cyclingE2 45'		
08:00			ABSBOX 15'	ABSBOX 15'	ABSBOX 15'		
08:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'		
09:00			ABSBOX 15'	ABSBOX 15'	ABSBOX 15'		
09:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'		
10:00	V-PowerE1 30'		ABSBOX 15'	ABSBOX 15'	ABSBOX 15'		
10:00			V-YogaE1 45'				
10:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'	Virtual CyclingE2 30'
10:30						V-PowerE1 45'	
11:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'		Virtual CyclingE2 30'
11:30						cyclingE2 45'	
12:15	Virtual cyclingE2 30'	Virtual CyclingE2 30'	Virtual CyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'		Virtual cyclingE2 30'
12:15		V-YogaE1 45'					
12:30				Fit MovesBOX 30'			
12:45	V-HybridBOX 30'		3BE1 30'	GAPE1 30'	Fit MovesBOX 30'		
12:45					ZumbaE1 45'		
13:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'	cyclingE2 45'	Virtual CyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'
13:15	PilatesE1 45'	V-PowerE1 45'					
13:30			V-MindE1 30'	V-PowerE1 30'	V-MindE1 30'		
14:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'	Virtual CyclingE2 30'	Virtual CyclingE2 30'
15:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'	Virtual CyclingE2 30'	Virtual CyclingE2 30'
16:00	ABS- 15'	ABS- 15'	ABS- 15'	ABS- 15'	ABS- 15'		
16:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'
17:00	ABS- 15'	ABS- 15'	ABS- 15'	ABS- 15'	ABS- 15'		
17:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'	Virtual CyclingE2 30'	
17:30					PilatesE1 45'		
17:45	V-CrossBOX 30'	cyclingE2 45'	ZumbaE1 45'	PilatesE1 45'			
17:45	3BE1 30'	PilatesE1 30'		Fit MovesBOX 30'			
18:00	ABS- 15'	ABS- 15'	ABS- 15'	ABS E3 15'	ABS E2 15'		
18:30	cyclingE2 45'	V-PowerE1 45'			cyclingE2 30'		
18:30	V-MindE1 45'				V-YogaE1 45'		
18:45			V-PowerE1 30'	V-FightE1 45'			
19:45	V-PowerE1 45'	DanceE1 45'	V-MindE1 45'				
20:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual CyclingE2 30'		
21:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'		