

Início	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:30			V-BurnE2 30'				
09:30						V-HybridBOX 30'	
11:00			PilatesE2 45'			V-BurnE2 45'	
12:30				V-BurnE2 45'			
13:15	PilatesE2 30'			V-HybridBOX 30'			
18:00			V-FightE2 30'		V-FightE2 45'		
18:15		V-HybridBOX 30'					
18:30	V-HybridBOX 30'						
18:45			3BE2 45'				
19:00	3BE2 30'						
19:45		PilatesE2 45'	DanceE2 45'		DanceE2 45'		