

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
07:05	CROSS TRAINING BOX	CROSS TRAINING BOX	HYROX EST.1	CROSS TRAINING BOX	HYROX EST.1		
	SCHWINN CYCLING EST.2	PILATES CLÍNICO EST.1	LIFEPUMP EST.1	PILATES CLÍNICO EST.1	SCHWINN CYCLING EST.2		
09:30	CROSS TRAINING BOX	HYROX EST.1	CROSS TRAINING BOX	HYROX EST.1	CROSS TRAINING BOX	YOURFIT JUMP EST.1	
	YOURFIT JUMP EST.1	HIIT BOX	LIFEPUMP EST.1	HIIT BOX	YOURFIT BOOTY EST.1		
10:30	SCHWINN CYCLING EST.2	LOCALIZADA EST.1	YOGA EST.1	ZUMBA EST.1	YOGA EST.1	LIFEPUMP EST.1	HIIT BOX
	PILATES CLÍNICO EST.1		SCHWINN CYCLING EST.2				
11:00						CROSS TRAINING BOX	SCHWINN CYCLING EST.2
11:30						SCHWINN CYCLING EST.2	
12:30	CROSS TRAINING BOX		LIFEPUMP EST.1	PILATES CLÍNICO EST.1	CROSS TRAINING BOX		
	PILATES CLÍNICO EST.1		HYROX EST.1				
12:45		HIIT BOX		HIIT BOX	SCHWINN CYCLING EST.2		
15:30	60 MAIS EST.1			60 MAIS EST.1			
17:00	YOGA EST.1		YOGA EST.1			SCHWINN CYCLING EST.2	
						CROSS TRAINING BOX	
17:30	HYROX EST.1	CROSS TRAINING BOX	HYROX EST.1	CROSS TRAINING BOX	HYROX EST.1		
18:00	GAP EST.1	PILATES CLÍNICO EST.1	YOURFIT BODY 30 EST.1	YOURFIT BOOTY EST.1	SCHWINN CYCLING EST.2		
	SCHWINN CYCLING EST.2				LIFEPUMP EST.1		
18:30	CROSS TRAINING BOX	HYROX EST.1	LIFEPUMP EST.1	HYROX EST.1	CROSS TRAINING BOX		
	LIFEPUMP EST.1		CROSS TRAINING BOX				
19:00	SCHWINN CYCLING EST.2	YOURFIT JUMP EST.1		PILATES CLÍNICO EST.1	YOURFIT BODY 30 EST.1		
		SCHWINN CYCLING EST.2		SCHWINN CYCLING EST.2			
19:30	HYROX EST.1	CROSS TRAINING BOX	SALSATION EST.1	CROSS TRAINING BOX	HYROX EST.1		
	YOURFIT FIGHT EST.1		SCHWINN CYCLING EST.2				
			CROSS TRAINING BOX				
20:00		LIFEPUMP EST.1			YOURFIT FIGHT EST.1		
					SCHWINN CYCLING EST.2		
20:30	HIIT BOX	HYROX EST.1	PILATES CLÍNICO EST.1	HYROX EST.1			
	PILATES CLÍNICO EST.1		HIIT BOX				
21:00		YOURFIT BODY EST.1		LOCALIZADA EST.1			



**FORÇA / RESISTÊNCIA MUSCULAR**



**FORÇA + CARDIO**



**FLEXIBILIDADE / MOBILIDADE / POSTURA**



**CARDIOVASCULAR**