

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<b>7:00</b>	07:15 - 07:45 SALA FITNESS <b>FAST TRAINING</b>		07:15 - 07:45 SALA FITNESS <b>FAST TRAINING</b>	07:15 - 08:00 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>	07:15 - 07:45 SALA FITNESS <b>FAST TRAINING</b>		
<b>8:00</b>				08:45 - 09:35 ESTUDI 1 <b>GAP</b>			
<b>9:00</b>	09:00 - 09:50 PISCINA <b>AQUA FITNESS</b>	09:00 - 09:50 PISCINA <b>AQUA FITNESS</b>	09:00 - 09:50 PISCINA <b>AQUA FITNESS</b>	09:00 - 09:50 PISCINA <b>AQUA FITNESS</b>	09:00 - 09:50 PISCINA <b>AQUA FITNESS</b>		
	09:30 - 10:20 ESTUDI FUNCIONAL <b>BODY PUMP</b>	09:30 - 10:20 ESTUDI 1 <b>ZUMBA</b>	09:30 - 10:20 ESTUDI 1 <b>BODY COMBAT</b>	09:30 - 10:20 ESTUDI FUNCIONAL <b>BODY PUMP</b>	09:30 - 10:20 SPINNING ESTUDI <b>SPINNING</b>		
					09:30 - 10:20 ESTUDI FUNCIONAL <b>BODY PUMP</b>		
					09:30 - 10:20 ESTUDI 1 <b>PILATES</b>		
<b>10:00</b>	10:00 - 10:50 PISCINA <b>AQUA FITNESS</b>		10:00 - 10:50 PISCINA <b>AQUA FITNESS</b>	10:00 - 10:50 PISCINA <b>AQUA FITNESS</b>	10:00 - 10:50 PISCINA <b>AQUA FITNESS</b>		
	10:00 - 10:50 SPINNING ESTUDI <b>SPINNING</b>		10:00 - 10:50 SPINNING ESTUDI <b>SPINNING</b>	10:30 - 11:15 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>	10:30 - 11:20 ESTUDI 1 <b>BODY BALANCE</b>		
	10:30 - 11:20 ESTUDI 1 <b>ZUMBA</b>		10:30 - 11:00 SALA FITNESS <b>FAST TRAINING</b>	10:30 - 10:55 MB ESTUDI <b>HIPOPRESIVOS</b>	10:30 - 11:20 ESTUDI FUNCIONAL <b>STAR'S TRAINING</b>		
	10:30 - 11:20 ESTUDI FUNCIONAL <b>CROSS TRAINING</b>		10:30 - 11:20 ESTUDI 1 <b>BODY BALANCE</b>				
<b>11:00</b>	11:30 - 12:20 MB ESTUDI <b>PILATES</b>		11:30 - 12:20 MB ESTUDI <b>YOGA</b>			11:15 - 11:45 SALA FITNESS <b>FAST TRAINING</b>	11:00 - 11:50 ESTUDI FUNCIONAL <b>KICK BOXING</b>
						11:15 - 12:00 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>	11:15 - 11:45 SALA FITNESS <b>FAST TRAINING</b>
						11:30 - 12:15 ESTUDI 1 <b>ACROIOGA</b>	
<b>12:00</b>	12:30 - 13:20 MB ESTUDI <b>YOGA</b>					12:15 - 13:15 ESTUDI 1 <b>BRAZILIAN JIU JITSU</b>	
<b>13:00</b>	13:45 - 14:30 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>		13:30 - 14:15 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>	13:30 - 14:20 SPINNING ESTUDI <b>SPINNING</b>	13:30 - 14:20 SPINNING ESTUDI <b>SPINNING</b>		
			13:30 - 14:20 ESTUDI 1 <b>BODY BALANCE</b>				
<b>15:00</b>	15:30 - 16:20 SPINNING ESTUDI <b>SPINNING</b>		15:30 - 16:20 ESTUDI 1 <b>PILATES</b>	15:30 - 16:15 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>	15:30 - 16:20 ESTUDI 1 <b>GAP</b>		

	15:30 - 16:20 ESTUDI 1 <b>BODY BALANCE</b>		15:30 - 16:20 ESTUDI FUNCIONAL <b>BODY PUMP</b>	
<b>17:00</b>	17:30 - 18:20 SPINNING ESTUDI <b>SPINNING</b>		17:30 - 18:20 SPINNING ESTUDI <b>SPINNING</b>	17:30 - 18:20 SPINNING ESTUDI <b>SPINNING</b>
	17:30 - 17:55 MB ESTUDI <b>HIPOPRESIVOS</b>		17:30 - 18:20 ESTUDI FUNCIONAL <b>CROSS TRAINING</b>	17:30 - 18:15 ESTUDI 2 <b>STAR'S GAMES</b>
	17:30 - 18:15 ESTUDI 2 <b>STAR'S GAMES</b>		17:30 - 18:15 ESTUDI 2 <b>FIT COMBAT KIDS</b>	
<b>18:00</b>	18:00 - 18:50 ESTUDI 1 <b>ZUMBA</b>		18:30 - 19:20 SPINNING ESTUDI <b>SPINNING</b>	18:00 - 18:45 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>
	18:00 - 18:50 ESTUDI FUNCIONAL <b>CROSS TRAINING</b>		18:30 - 19:20 ESTUDI 1 <b>BODY COMBAT</b>	18:30 - 19:15 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>
	18:30 - 19:20 SPINNING ESTUDI <b>SPINNING</b>		18:30 - 19:20 ESTUDI 1 <b>GAP</b>	18:30 - 19:20 ESTUDI 1 <b>BODY COMBAT</b>
	18:30 - 19:15 ESTUDI 2 <b>FIT COMBAT KIDS</b>		18:30 - 19:15 ESTUDI 2 <b>ZUMBA KIDS</b>	18:30 - 19:20 ESTUDI FUNCIONAL <b>CROSS TRAINING</b>
			18:30 - 19:15 ESTUDI 2 <b>ATHLETIC CLASS JUNIOR</b>	18:30 - 19:20 MB ESTUDI <b>YOGA</b>
<b>19:00</b>	19:00 - 19:50 ESTUDI 1 <b>BODY BALANCE</b>	19:30 - 20:20 PISCINA <b>AQUA FITNESS</b>	19:00 - 19:20 SALA FITNESS <b>ABDOMINALS / CORE</b>	19:00 - 19:50 SPINNING ESTUDI <b>SPINNING</b>
	19:30 - 20:15 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>		19:00 - 19:50 MB ESTUDI <b>PILATES</b>	19:30 - 20:20 PISCINA <b>AQUA FITNESS</b>
	19:30 - 20:20 ESTUDI FUNCIONAL <b>BODY PUMP</b>		19:30 - 20:15 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>	19:30 - 20:20 ESTUDI FUNCIONAL <b>DEFENSA PERSONAL</b>
			19:30 - 20:20 ESTUDI FUNCIONAL <b>BODY PUMP</b>	19:30 - 20:20 MB ESTUDI <b>BODY BALANCE</b>
<b>20:00</b>			20:00 - 20:50 ESTUDI 1 <b>ZUMBA</b>	20:00 - 20:45 SPINNING ESTUDI <b>VIRTUAL SPINNING</b>
			20:00 - 21:00 ESTUDI 2 <b>BRAZILIAN JIU JITSU</b>	20:20 - 21:10 ESTUDI 1 <b>KICK BOXING</b>