	2a. Feira				3a. Feira				4ª Feira				5a. Feira				6ª Feira				Sáb Dom	
	Sala 1	Sala 2	Sala 3	Sala 04	Sala 1	Sala 2	Sala 3	Sala 04	Sala 1	Sala 2	Sala 3	Sala 04	Sala 1	Sala 2	Sala 3	Sala 04	Sala 1	Sala 2	Sala 3	Sala 04	Sala 01	Sala 04
07:00								Endurance (Bruna) 50'								Endurance (Bruna) 50'						
07:30										Postural (Wilma) 50'								Postural (Wilma) 50'				
08:00				Cross Training (Bruna) 50'		Alongamento (Wilma) 50'		Cross Training (Bruna) 50'				Cross Training (Bruna) 50'		Alongamento (Wilma) 50'		Funcional Power (Bruna) 50'				Cross Training (Bruna) 50'		
08:30										Alongamento (Wilma) 50'								Alongamento (Wilma) 50'				
09:00				Ritmos (Fabiana) 50'	Spinning (Bruna) 50'		Método de Rose (Marília) 50'	Postural (Wilma) 50'			Battel Inf 1 e 2 (Wilma) 50'	Ritmos (Fabiana) 50'	Spinning (Bruna) 50'		Método de Rose (Marília) 50'	Postural (Wilma) 50'			Battel Inf 1 e 2 (Wilma) 50'	Ritmos (Fabiana)50'	Especialidade (sala 4) 50'	
09:30										Pilates de Solo (Wilma) 50'								Pilates de Solo (Wilma) 50'				
10:00						Pilates de Solo (Wilma) 50'		Cross Training (Bruna) 50'			Ballet Baby (Wilma) 50'			Pilates de Solo (Wilma) 50'		Cross Training (Bruna) 50'			Ballet Baby (Wilma) 50'		Spinning (sala 1) 50'	
10:30																						
11:00																					Alongamento (sala 4) 50'	
15:45							Ballet Baby (Wilma) 45'								Ballet Baby (Wilma) 45'							
16:00				Cross Training (Bruna) 50'		Método de Rose (Gabriel) 50'						Cross Training (Bruna) 50'		Método de Rose (Gabriel) 50'						Cross Training (Bruna) 50'		
16:30							Ballet Inf 1 (Wilma) 45'								Ballet Inf 1 (Wilma) 45'							
17:00				Circuito Abdominal Bruna (50')	Spinning Adriana (50')			TRX Bruna(50')	Circuito Abdominal Bruna (50')				Spinning Adriana (50')			TRX Bruna(50')	Spinning + Abdominal Bruna (50')					
17:15							Ballet Inf 2 (Wilma) 50'								Ballet Inf 2 (Wilma) 50'							
18:00	Spinning + Funcional (Kenia) 50'	Body Sculp (Adriana) 50'		Ritmos (Bruna) 50'	Spinning + Abdominal (Bruna) 50'	Local (Kênia) 50'		Cardio (Adriana) 50'		Body Sculp (Adriana) 50'	Funcional Power (Kenia) 50'	Ritmos (Bruna) 50'	Spinning + Abdominal (Bruna) 50'	Local (Kênia) 50'		Cardio (Adriana) 50'				Funcional Power (Bruna) 30'		
18:15							Ballet Baby (Wilma) 45'								Ballet Baby (Wilma) 45'					<obilidade e Alongamento (Bruna) 20'		
19:00		STEP (Adriana) 20'	Método DeRose (Tiara) 50'	Cross Training (Bruna) 50'	Spinning Adriana (50')	Método DeRose (Liana) 50'	Ballet Inf 1 (Wilma) 50'	Ritmos (Bruna) 30'		STEP (Adriana) 20'	Método DeRose (Tiara) 50'	Cross Training (Bruna) 50'	Spinning Adriana (50')	Método DeRose (Liana) 50'	Ballet Inf 1 (Wilma) 50'	Ritmos (Bruna) 30'				Cross Training (Bruna) 50'		
19:30	Spinning HIIT (Adriana) 30'	Alongamento (Kênia) 20'							Spinning HIIT (Adriana) 30'	Alongamento (Kênia) 20'												
20:00			Abdominal (Kenia) 20'	Boxe (1'30'')		Aero Local Adriana (50')	Ballet Classico (Wilma) 50'	Funcional Power (Kênia) 50'			Abdominal (Kenia) 20'	Boxe (1'30'')		Aero Local Adriana (50')	Ballet Classico (Wilma) 50'	Funcional Power (Kênia) 50'						
20:10		Body Sculp (Adriana) 50'								Body Sculp (Adriana) 50'												
20:30			Aero Cardio (Kenia) 30'								Aero Cardio (Kenia) 30'											