

	2ª Feira	3ª Feira	4ª Feira	5ª Feira	6ª Feira	Sábado
8h	Pilates	Cycle		JumpMix		
8h30					SuperGluteo	
8h45	JumpMix	SuperGluteo	Cycle	Pilates		JumpMix
9h00					Func. Circuito	
9h15		Func. Circuito				
9h30	SuperGluteo		Pure Insanity	Cycle		SuperGluteo
10H	Cycle	HIITpump	Zumba		Abdominal	Cycle
10h15				Pure Insanity		
10H30					Amazing Local	
10H45	Abdominal		GAP			Tabata Pure
11H	Pure Insanity	Tabata Pure		HIITpump		
11H15						Abdominal
12H30	HIITpump	Cycle		Pure Insanity		
16H30	Tabata Pure	SuperGluteo	HIITpump		HIITpump	
17H00	Cycle	Pure Insanity		Cycle		SuperGluteo
17H15						
17H30		HIITCycle	Abdominal		Pure Insanity	Cycle
17H45	HIITpump			HIITpump		
18h00					Cycle	
18H15			JUMP/GAP			Pure Insanity
18H30	GAP	Cycle		Cycle		
18h45	Pure Running				Zumba	
19H00			Zumba			
19H15	Zumba	Amazing Local		Amazing Local		
19H30				Pure Running	Free Dance	
19H45			Cycle			
20H	Cycle	Cycle		Abdominal		
20H15					HIITCycle	
20H30			Pure Insanity	HIITpump		
20h45	JumpMix	HIITpump				
21H			Cycle			
21H15				Cycle	Tai Chi Chuan	
21h30	Pilates	SuperGluteo				