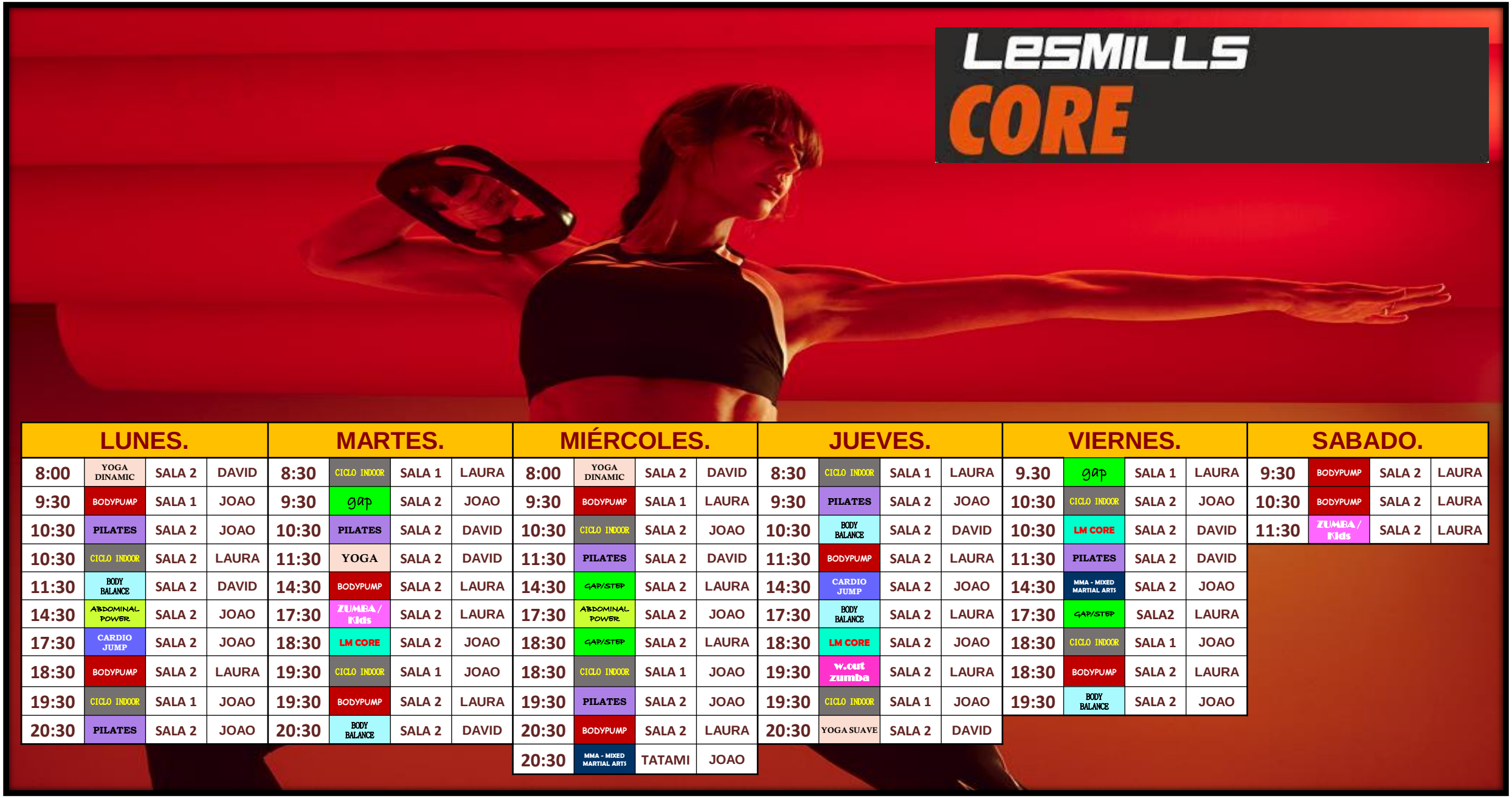

LUNES.				MARTES.				MIÉRCOLES.				JUEVES.				VIERNES.				SABADO.			
8:00	YOGA DINAMIC	SALA 2	DAVID	8:30	CICLO INDOOR	SALA 1	LAURA	8:00	YOGA DINAMIC	SALA 2	DAVID	8:30	CICLO INDOOR	SALA 1	LAURA	9.30	gap	SALA 1	LAURA	9:30	BODYPUMP	SALA 2	LAURA
9:30	BODYPUMP	SALA 1	JOAO	9:30	gap	SALA 2	JOAO	9:30	BODYPUMP	SALA 1	LAURA	9:30	PILATES	SALA 2	JOAO	10:30	CICLO INDOOR	SALA 2	JOAO	10:30	BODYPUMP	SALA 2	LAURA
10:30	PILATES	SALA 2	JOAO	10:30	PILATES	SALA 2	DAVID	10:30	CICLO INDOOR	SALA 2	JOAO	10:30	BODY BALANCE	SALA 2	DAVID	10:30	LM CORE	SALA 2	DAVID	11:30	ZUMBA / Kids	SALA 2	LAURA
10:30	CICLO INDOOR	SALA 2	LAURA	11:30	YOGA	SALA 2	DAVID	11:30	PILATES	SALA 2	DAVID	11:30	BODYPUMP	SALA 2	LAURA	11:30	PILATES	SALA 2	DAVID				
11:30	BODY BALANCE	SALA 2	DAVID	14:30	BODYPUMP	SALA 2	LAURA	14:30	GAP/STEP	SALA 2	LAURA	14:30	CARDIO JUMP	SALA 2	JOAO	14:30	MMA - MIXED MARTIAL ARTS	SALA 2	JOAO				
14:30	ABDOMINAL POWER	SALA 2	JOAO	17:30	ZUMBA / Kids	SALA 2	LAURA	17:30	ABDOMINAL POWER	SALA 2	JOAO	17:30	BODY BALANCE	SALA 2	LAURA	17:30	GAP/STEP	SALA2	LAURA				
17:30	CARDIO JUMP	SALA 2	JOAO	18:30	LM CORE	SALA 2	JOAO	18:30	GAP/STEP	SALA 2	LAURA	18:30	LM CORE	SALA 2	JOAO	18:30	CICLO INDOOR	SALA 1	JOAO				
18:30	BODYPUMP	SALA 2	LAURA	19:30	CICLO INDOOR	SALA 1	JOAO	18:30	CICLO INDOOR	SALA 1	JOAO	19:30	w.out zumba	SALA 2	LAURA	18:30	BODYPUMP	SALA 2	LAURA				
19:30	CICLO INDOOR	SALA 1	JOAO	19:30	BODYPUMP	SALA 2	LAURA	19:30	PILATES	SALA 2	JOAO	19:30	CICLO INDOOR	SALA 1	JOAO	19:30	BODY BALANCE	SALA 2	JOAO				
20:30	PILATES	SALA 2	JOAO	20:30	BODY BALANCE	SALA 2	DAVID	20:30	BODYPUMP	SALA 2	LAURA	20:30	YOGA SUAVE	SALA 2	DAVID								
								20:30	MMA - MIXED MARTIAL ARTS	TATAMI	JOAO												