

		l	m	x	j	v	s	d
07:30 - 08:30	SALA 1	BODY PUMP	BODY BALANCE		BODY COMBAT			
08:45 - 09:45	SALA 1	YOGA						
09:15 - 10:00	SALA 1			GAP				
09:15 - 10:15	SALA 1		BODY PUMP					
09:30 - 10:30	SALA 1				BODY PUMP	ZUMBA		
10:00 - 11:00	SALA 1			BODY BALANCE			BODY PUMP	
10:30 - 11:30	SALA 1		ZUMBA		BODY BALANCE			BODY PUMP
10:45 - 11:30	SALA 1					GAP		
11:15 - 12:15	SALA 1						PILATES	
12:45 - 13:45	SALA 1	YOGA						
13:30 - 14:15	SALA 1		WOD					
13:45 - 14:30	SALA 1			BODY BALANCE	GAP			
14:00 - 14:45	SALA 1					BODY PUMP		
14:15 - 15:00	SALA 1	BODY PUMP						
14:30 - 15:15	SALA 1			BODY COMBAT	ZUMBA			
15:00 - 15:45	SALA 1					WOD		
17:30 - 18:15	SALA 1			BODY PUMP				
18:00 - 18:45	SALA 1	BODY BALANCE	BODY COMBAT		GAP			
18:15 - 19:00	SALA 1					PILATES		
18:30 - 19:15	SALA 1			BODY BALANCE				
18:45 - 19:30	SALA 1	BODY COMBAT	CTC		ZUMBA			
19:00 - 19:45	SALA 1					BODY PUMP		
19:15 - 20:00	SALA 1			GAP (R)				
19:30 - 20:15	SALA 1	BODY PUMP (R)	PILATES		YOGA			
19:45 - 20:30	SALA 1					BODY COMBAT		
20:15 - 21:00	SALA 1			ZUMBA	BODY PUMP (R)			
20:30 - 21:15	SALA 1	ZUMBA	BODY PUMP (R)					
21:00 - 21:45	SALA 1			BODY PUMP	BODY COMBAT			
21:15 - 22:00	SALA 1	GAP	ZUMBA					