

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
8:00		SUPERFIT 45'				
8:30						
9:00	MACHINE 25'	LEGWORK 25'	ABS 25'	SUPER FIT 40'	LEGWORK 25'	
9:30	SUPERFIT 50'	PILATES 50'	POWER FIT 50'	STRETCH 9:45 45'	BODY FLOW 50'	
10:00						POWER FIT 10:00 40'
10:30	DANCE FIT 50'	FITNESS 50'	STRETCH-CORE 50'	PILATES 50'	SUPER FIT 50'	DANCE JAM 10:45 40'
11:00						
11:30	YOGA 60'			HIPOPRESIVO 30'	YOGA 60'	POWER STRETCH & CORE 11:30 90'
12:00						
12:30						
13:00						
13:30						
14:00	DANCE FUSION 60'	CIRCUITO 45'	DANCE FUSION 60'	FITNESS 45'		
14:30						
15:00						
15:30						
16:30						
17:00						
17:30						
18:00		PILATES 50'		SUPER FIT 40'	PILATES 40'	
18:30	BODY FIT 50'		BODY FIT 19:00 50'	DANCE FUSION 18:45 40'		
19:00		DANCE FUSION 19:00 40'			GLUT BRASIL 18:45 40'	
19:30	DANCE FUSION 50'	SUPER FIT 19:45 40'	DANCE JAM 20:00 60'	AEOROBX 19:30 45'	DANCE JAM 19:30 45'	
20:00						
20:30	SUPER FIT 60'	YOGA 60'		YOGA 60'		
21:00						
21:30						
22:00						
22:30						