

Início	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
06:30	V-PowerE130'	Virtual cyclingE245'	V-PowerE130'	cyclingE230'			
07:30	Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'		
07:30	V-YogaE145'	V-PowerE130'					
08:00	ABSE-15'			ABSE-15'			
09:15	Virtual cyclingE245'	cyclingE230'	Virtual cyclingE245'	Virtual cyclingE245'	V-MetconBOX30'		
09:30	V-MindE145'					cyclingE230'	cyclingE230'
10:00				PilatesE145'			
10:15						V-PowerE130'	V-PowerE130'
11:00	virtual cyclingE245'	ABSE-15'	Virtual cyclingE245'	ABSE-15'	Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'
12:00		virtual cyclingE245'		Virtual cyclingE245'			
12:15					V-PowerE130'		
12:30			Virtual cyclingE245'				Virtual cyclingE245'
12:45	cyclingE230'						
13:00	ABSE-15'				ABSE-15'		
13:15			V-PowerE130'				
13:30		V-MetconBOX30'		V-BoxingE330'	Virtual cyclingE245'		
15:00	Virtual cyclingE245'		Virtual cyclingE245'			Virtual cyclingE245'	
16:00		Virtual cyclingE245'		Virtual cyclingE245'			
16:30	Virtual cyclingE245'		Virtual cyclingE245'		Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'
17:00	ABSE-15'	ABSE-15'	ABSE-15'	ABSE-15'	ABSE-15'		
18:00	V-PowerE130'			V-MindE145'	V-PowerE130'		
18:15				Virtual cyclingE245'			
18:30	cyclingE230'				cyclingE230'		
18:45	V-BurnE130'		cyclingE230'		V-BurnE130'		
19:00	V-BoxingE330'	ZumbaE130'	ABSE-15'	ABSE-15'	ABSE-15'		
19:00	ABSE-15'	ABSE-15'	V-PowerE130'	V-PowerE130'			
19:30	PilatesE145'	cyclingE230'	V-BoxingE330'	cyclingE230'	PilatesE145'		
19:30	Virtual cyclingE245'						
19:45		V-MindE145'	Virtual cyclingE245'		Virtual cyclingE245'		
20:00	ABSE-15'		ABSE-15'	V-MetconBOX30'	ABSE-15'		
20:30			V-YogaE145'				
20:45		V-PowerE130'					
21:00	Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'	Virtual cyclingE245'		