

Início	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:15	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'		
08:00	ABSSOF 15'	ABSSOF 15'	ABSSOF 15'	ABSSOF 15'	ABSSOF 15'		
09:00	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'
10:00							ZumbaE1 45'
10:15	V-MindE1 45'	cyclingE2 30'	PilatesE1 45'				
11:00							V-MindE1 45'
12:00	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'
13:00		GAPE1 30'	V-PowerE1 30'				
14:00	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'
15:30	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	
17:00	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	
18:15	V-MetconBOX 30'						
18:30	GAPE1 30'	PilatesE1 45'	V-PowerE1 30'	V-MindE1 45'			
19:00	cyclingE2 30'	cyclingE2 30'	cyclingE2 30'				
19:30		ZumbaE1 45'		V-PowerE1 45'			
20:30	PilatesE1 45'		ZumbaE1 45'				
21:30	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'	Virtual cyclingE2 30'		