

Início	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	cyclingE2 45'	Virtual cyclingE2 45'		
07:15	Virtual BurnE1 45'		Virtual PowerE1 45'		Virtual BurnE1 45'		
08:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'		
09:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual CyclingE2 45'	virtual cyclingE2 45'
10:00	ABS- 15'		ABS- 15'			ABS- 15'	ABS- 15'
10:15	V-PowerE1 30'	GAPE1 30'	V-MindE1 30'	Virtual BurnE1 45'	Virtual FightE1 45'	cyclingE2 30'	Virtual cyclingE2 45'
11:00	V-MetconBOX 30'	Virtual cyclingE1 45'	Virtual cyclingE1 45'			PilatesE1 30'	
11:15							Virtual PowerE1 45'
12:00	Virtual BurnE1 45'	ABS- 15'	Virtual PowerE1 45'	ABS- 15'	ABS- 15'		ABS- 15'
12:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual CyclingE2 45'	Virtual CyclingE2 45'	Virtual CyclingE2 45'
12:15						Virtual PowerE1 45'	
13:15	Virtual cyclingE2 45'		Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual MindE1 45'
13:15						Virtual MindE1 45'	
14:00	ABS- 15'		ABS- 15'			ABS- 15'	
14:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual CyclingE2 45'	Virtual CyclingE2 45'	
17:00		ABS- 15'		ABS- 15'	ABS- 15'	Virtual FightE1 45'	
17:15	Virtual cyclingE2 45'	Virtual cyclingE2 45'	Virtual cyclingE2 45'	3BE1 30'			
17:45	ZumbaE1 45'	V-PowerE1 30'	V-BurnE1 30'	cyclingE2 30'			
18:00					V-MindE1 30'		
18:30	Virtual cyclingE2 45'	cyclingE2 45'	DanceE1 30'		Virtual CyclingE2 45'		
18:30			Virtual cyclingE2 45'				
18:45	V-PowerE1 30'						
19:00				V-PowerE1 45'	V-PowerE1 30'		
19:00				Virtual cyclingE2 45'			
19:15		Virtual MindE1 45'	V-FightE1 30'				
19:30	cyclingE2 30'	V-CrossBOX 30'					
19:45	PilatesE1 30'				Virtual BurnE1 45'		
20:00			Virtual PowerE1 45'	Virtual FightE1 45'			
20:15		Virtual cyclingE2 45'		Virtual cyclingE2 45'	Virtual cyclingE2 45'		
20:15		Virtual FightE1 45'					
20:45	Virtual cyclingE2 45'		Virtual cyclingE2 45'				