

2ª FEIRA Monday   Lundi					3ª FEIRA Tuesday   Mardi					4ª FEIRA Wednesday   Mercredi					5ª FEIRA Thursday   Jeudi					6ª FEIRA Friday   Vendredi					SÁBADO Saturday   Samedi									
H	D	T	E		H	D	T	E		H	D	T	E		H	D	T	E		H	D	T	E		H	D	T	E						
					07:30	45	LES MILLS BODYPUMP	1																	07:30	30	Indoor Cycling EXPRESS	2						
08:30	45	TRX	3		08:30	45	CORE TRAINING	3		08:30	45	LES MILLS BODYPUMP	1		08:30	45	Indoor Cycling	2		08:10	10	ABS	1		09:15	60	LES MILLS BODYBALANCE®	1						
09:15	45	Indoor Cycling	2		09:20	10	ABS	1		09:15	45	Pilates	2		09:20	10	ABS	1		08:30	45	CORE TRAINING	3		10:15	60	Indoor Cycling	2						
10:15	30	LES MILLS CXWORX	1		10:15	45	LES MILLS BODYBALANCE®	1		10:15	45	Indoor Cycling	2		10:15	45	Localizada	1		09:15	45	STEP	1		11:00	45	FITBOXE	3						
10:15	45	Pilates	2		10:30	45	FITBOXE	3		10:30	45	STEP	1		10:30	45	FITBOXE	3		10:15	45	LES MILLS BODYPUMP	1		11:15	45	LES MILLS BODYPUMP	1						
11:15	45	LES MILLS BODYPUMP	1		11:15	45	Localizada	1		11:15	30	LES MILLS CXWORX	2		11:15	45	LES MILLS BODYBALANCE®	1		10:15	45	Pilates	2											
																									11:15	45	POWER JUMP	1						
					13:10	30	CORE TRAINING	3		13:10	30	Indoor Cycling EXPRESS	2		13:10	30	LES MILLS BODYPUMP EXPRESS	1																
					16:30	45	LES MILLS BODYPUMP	1							16:30	30	Indoor Cycling EXPRESS	2																
17:30	30	Localizada express	1							17:30	30	POWER JUMP	1		17:10	10	ABS	1		17:30	30	GAP	1											
18:30	45	Indoor Cycling	2		18:30	30	LES MILLS BODYCOMBAT	1		18:30	45	Localizada	1		18:30	45	LES MILLS BODYPUMP	1		18:30	45	STEP	2											
18:40	30	LES MILLS CXWORX	1		18:45	45	TRX	3		18:40	45	Indoor Cycling	2		18:30	45	TRX	3		18:45	45	LES MILLS BODYCOMBAT	1											
19:25	10	ABS	2		19:05	30	Indoor Cycling EXPRESS	2		18:45	45	FITBOXE	3		19:15	45	Indoor Cycling	2		19:25	30	LES MILLS CXWORX	2											
19:30	45	POWER JUMP	1		19:15	45	LES MILLS BODYPUMP	1		19:30	10	ABS	2		19:25	10	ABS	3		19:30	45	FITBOXE	3											
19:45	60	LES MILLS BODYBALANCE®	2		19:45	30	LES MILLS CXWORX	2		19:30	45	STEP	1		19:30	45	POWER JUMP	1		19:40	45	LES MILLS BODYPUMP	1											
19:45	45	TRX	3		19:45	45	FITBOXE	3		19:45	45	LES MILLS BODYBALANCE®	2																					
					20:10	45	Pilates	1							20:10	30	Localizada express	2		20:10	45	Indoor Cycling	2											

### DOMINGO

Sunday | Dimanche

H	D	T	E	
10:30	45	Indoor Cycling	2	
11:20	10	ABS	1	

