

| HORÁRIOS | SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA |
|----------|--|---|--|---|--|
| 06H | | | | | COMBAT '45 ELAINE |
| 07H | JUMP '45 ELAINE | BOXE '60 GIL BIKE '45 | JUMP '45 ELAINE | BOXE '60 GIL BIKE '45 | JUMP '45 ELAINE |
| 08H | BIKE '45 ELAINE | PUMP '45 | BIKE '45 ELAINE | PUMP '45 | BIKE '45 ELAINE |
| 09H | | ALONGAMENTO '30 | | ALONGAMENTO '30 | |
| 09H30 | | ZUMBA GOLD '30 | | ZUMBA GOLD '30 | |
| 16H30 | ABDOMINAL '30 ELAINE | CIRCUITO '30 ELAINE | ABDOMINAL '30 ELAINE | CIRCUITO '30 ELAINE | ABDOMINAL '30 ELAINE |
| 17H | PUMP '45 ELAINE BOXE '60 GIL | E-GLIDE '30 ELAINE | PUMP '45 ELAINE BOXE '60 GIL | E-GLIDE '30 ELAINE | PUMP '45 ELAINE BOXE '60 GIL |
| 17H30 | | ALONGAMENTO '30 | | ALONGAMENTO '30 | |
| 18H | BIKE '45 ELAINE FITDANCE '60 RAFA | MUAY-THAI '60 LEANDRO STEP '45 MARILIO | BIKE '45 ELAINE FITDANCE '60 RAFA | MUAY-THAI '60 LEANDRO STEP '45 MARILIO | BIKE '45 ELAINE |
| 18H45 | | CIRCUITO '45 MARILIO | | CIRCUITO '45 MARILIO | |
| 19H | ABDOMINAL '30 ELAINE BOXE '60 GIL | | ABDOMINAL '30 ELAINE BOXE '60 GIL | | ABDOMINAL '30 ELAINE BOXE '60 GIL |
| 19H30 | JUMP '45 ELAINE | PILATES SOLO '45 MARILIO | JUMP '45 ELAINE | PILATES SOLO '45 MARILIO | JUMP '45 ELAINE |
| 20H | JIU-JITSU '60 LUCIANO | | JIU-JITSU '60 LUCIANO | | JIU-JITSU '60 LUCIANO |