




















| Horário | Segunda | Terça | Quarta | Quinta | Sexta | Sábado |
|--------------|---|---|---|--|---|----------------------|
| MANHA | | | | | | |
| 06:30 | | | | | | |
| 07:00 | JIU-JITSU | MUAY THAI | JIU-JITSU | MUAY THAI | | |
| 07:10 | | ABDOME | | ABDOME | | |
| 07:30 | |  | |  | | |
| 08:30 | Bike | PILATES | JUMP | PILATES | | |
| 09:00 | | | | | Bike | |
| 09:15 | GAP | | Alongamento | | | |
| 09:30 | | Bike | | Bike | | |
| 10:00 | | | | |  | |
| 11:00 | | | | | | AULA GINÁSTICA |
| 11:00 | | | | | | JIU-JITSU SUBMISSION |
| 12:00 | | | | | | AULA GINÁSTICA |
| 13:00 | | | | | | MUAY THAI |
| TARDE | | | | | | |
| 13:30 | BOXE | | BOXE | | BOXE | |
| 15:00 | | | | | BIKE | |
| 15:30 | BIKE |  | BIKE |  | | |
| 15:45 | | | | | ABDOME | |
| 16:00 | | | | | BOTTON | |
| 16:15 | ABDOME | | ABDOME | | | |
| 16:30 | | ALONG | | ALONG | ALONG | |
| 16:45 | GAP | | GAP | | | |
| 17:15 | ALONG | | ALONG | | | |
| 17:00 | | JIU-JITSU | | JIU-JITSU | | |
| 17:30 | | | | | ALONG | |
| NOITE | | | | | | |
| 18:00 | GAP | ALONG | GAP | ALONG | ABDOME | |
| 18:00 | | JUMP | | JUMP | | |
| 18:30 | ALONG | | ALONG | |  | |
| 18:30 |  |  |  |  | PILATES | |
| 18:45 | | RITMIX | | RITMIX | | |
| 19:00 | ABDOME | | ABDOME | | | |
| 19:00 | | BOXE | | BOXE | | |
| 19:00 | PILATES | | PILATES | | | |
| 19:15 | | ABDOME | | ABDOME | | |
| 19:30 |  | |  | | GAP | |
| 19:30 | |  | |  |  | |
| 19:30 | BIKE | BIKE | BIKE | BIKE | BOXE | |
| 19:45 | |  | |  | | |
| 20:00 | MUAY THAI | JIU-JITSU | MUAY THAI | JIU-JITSU | | |
| 20:00 |  | |  | | | |
| 20:30 | BIKE | BIKE | BIKE | BIKE | BIKE | |