

		SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO	DOMINGO
ESTÚDIO PRINCIPAL	08:30		PILATES			PILATES		
	09:00	HIT		HIT	HIT	HIT		
	09:30		SUBMISSION		SUBMISSION			
	10:00							
	11:00						PILATES	GINÁSTICA INFANTIL
	12:00	HIT		HIT		HIT		
	12:30		PILATES			PILATES		
	13:00			PILATES				
	16:00							
	17:30	HIT						
	18:00	ABS	JUDO		JUDO			
	18:30		PILATES CLÍNICO				GINÁSTICA INFANTIL	
	19:00	TREINO FUNCIONAL	PILATES	STEP DANÇA	PILATES	STEP DANÇA		
	19:15		PILATES CLÍNICO					
	19:45		KICKBOXING		KICKBOXING			
	20:00					KICKBOXING		
	21:00							