

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
07:00	Zumba		Zumba				
07:15		Pilates		Pilates			
18:30	Gap	Jump	Gap	Jump			
19:10			Zumba				
19:15	Boxe	Pilates	Boxe	Pilates			
20:30	Muay - Thai	Jiu-Jitsu	Muay - Thai	Jiu-Jitsu			