

Quadro de horários

| Horário | Segunda | Terça | Quarta | Quinta | Sexta | Sábado |
|---------|---------------|--------------|---------------|----------|--------------|-----------|
| 07:00 | Batalha Cross | Spinning | Batalha Cross | Spinning | Zumba | |
| 07:30 | Gap | Super Core | Abd. e Along | Gap | Step | |
| 08:30 | | | | | Pilates Solo | |
| 11:00 | | | | | | Sertanejo |
| 19:30 | Funcional | Spinning | Funcional | Spinning | Abd. e Along | |
| 20:00 | Zumba | Pilates Solo | Zumba | Step | Sertanejo | |
| 20:30 | | Fit Dance | | Tik Tok | | |
| 21:00 | Muay Thai | | Muay Thai | | | |
| 22:00 | | | | | | |