

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

9:30

LOCALMIX

10:00

BUMBUM

09:30

ZUMBA
FITNESS

9:30

PILATES

10:00

ZUMBA
FITNESS

10:50

BUMBUM

13:15

BK
FIT

13:15

Spin

18:00

LUXUS
HIIT

18:30

POWER

18:30

Spin

18:40

STEP

18:40

PILATES

18:40

FIGHTDO

19:15

UBOUND

19:15

ZUMBA
FITNESS

19:30

GAP

19:30

POWER

19:15

LOCALMIX

20:00

TRX
BOOTCAMP

20:00

BUMBUM

20:00

Spin

20:15

STRONG
BY ZUMBA

19:50

yoga

20:45

Spin

20:45

OXIGENO

20:45

BUMBUM

