

| | SEGUNDA-FEIRA | TERÇA-FEIRA | QUARTA-FEIRA | QUINTA-FEIRA | SEXTA-FEIRA | SÁBADO | DOMINGO |
|---------|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------|
| MANHÃ ☀ | 07:15H | C 50' CROSS TRAINING | 3 50' CHEMICAL | 4 50' CYCLING | 3 50' CHEMICAL | C 50' CROSS TRAINING | |
| | 09:00H | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | |
| | 09:15H | | 1 50' PILATES CLÍNICO | | 1 50' PILATES | | |
| | 10:00H | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | 4 50' CYCLING |
| | 10:30H | 1 50' PILATES CLÍNICO | 2 50' LOCAL | 1 50' PILATES CLÍNICO | 3 50' CHEMICAL | 1 50' PILATES | 3 50' CHEMICAL |
| | 11:00H | | | | | | 4 50' CYCLING |
| | 11:15H | | | | | 1 50' PILATES CLÍNICO | |
| TARDE ☀ | 12:45H | C 50' CROSS TRAINING | 3 50' CHEMICAL | 4 50' CYCLING | 2 50' BODY PUMP | 3 50' CHEMICAL | |
| | 16:15H | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | |
| | 17:15H | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | |
| | 17:30H | 2 50' LOCAL | 2 50' BUMBUM | 2 50' LOCAL | 2 50' GAP | 3 50' CHEMICAL | |
| | 18:15H | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | |
| | 18:30H | C 50' CROSS TRAINING | 4 50' CYCLING | 1 50' PILATES | 3 50' CHEMICAL | 4 50' CYCLING | |
| | | 3 50' CHEMICAL | 2 50' BODY PUMP | 3 50' CHEMICAL | 2 50' LOCAL | | |
| NOITE 🌙 | 18:45H | 4 50' CYCLING | | C 50' CROSS TRAINING | | C 50' CROSS TRAINING | |
| | 19:00H | | | 4 50' CYCLING | | | |
| | 19:15H | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | |
| | | 1 50' PILATES | C 50' CROSS TRAINING | | 1 50' PILATES CLÍNICO | 1 50' YOGA | |
| | 19:30H | 3 50' CHEMICAL | 1 50' YOGA | | 4 50' CYCLING | | |
| | 19:45H | 4 50' CYCLING | 2 50' HIIT | 3 50' CHEMICAL | | | |
| | 20:00H | | 3 50' CHEMICAL | | C 50' CROSS TRAINING | | |
| | 20:15H | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | C 15' SIX PACK | |

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 4RD STAGE C CROSS STAGE A ARENA STAGE