

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
07h				*Best Along 60'** Sala Premium Best Prof. Francisco Sales		
*7h15 7h30	*Best Kangoo 45' Sala Fitness Acqua Prof. Fernanda	Best Step 40' Sala Fitness Acqua Prof. Michella Costa				
08h	Best Pilates de Solo 50' Sala Fitness Acqua Prof. Lucas		Best Funcional 60' Sala Premium Best Prof. Francisco Sales	Best Spinning 45' Sala Exclusive Best Prof Francisco Salles	Best Local 30' Sala Fitness Acqua Prof. Francisco Sales	Best Pilates de Solo 50' Sala Fitness Acqua Prof. Heloisa
			Best Pilates de Solo 50' Sala Fitness Acqua Prof. Lucas			
08h30		Best Zumba 40' Sala Fitness Acqua Prof. Anddy Regis		Best Zumba 40' Sala Fitness Acqua Prof. Anddy Regis	Best TRX 30' Sala Fitness Acqua Prof. Francisco Sales	
09h00 *09h15			Best FitDance 45' Sala Fitness Acqua Prof. Michella Costa		*Best Along 60'** Sala Premium Best Prof. Francisco Sales	Best FitDance90' Sala Fitness Acqua Prof. Michella Costa
						*Best Spinning 45' Sala Exclusive Best Prof Heloisa
16h00	Best Funcional 60' Sala Fitness Acqua Prof. João Leite	Best Step/Abs 40' Sala Fitness Acqua Prof. Anddy Regis	Best Spinning 45' Sala Exclusive Best Prof. João Leite	Best Kangoo 45' Sala Fitness Acqua Prof Michella Costa	Best Local 30' Sala Fitness Acqua Prof. João Leite	
16h30					Best TRX 30' Sala Fitness Acqua Prof. João Leite	Legenda das cores por Intensidade da aula:
18h00	Best Spinning 45' Sala Exclusive Best Prof João Leite	Best Kangoo 45' Sala Fitness Acqua Prof. Heloisa	Best Funcional 45' Sala Premium Best Prof. João Leite	Best Ritmos 45' Sala Fitness Acqua Prof. Nego Mendes	Best Funcional 60' Sala Premium Best Prof. João Leite	Alta
	*Circuito Kids 60'** Sala Fitness Acqua Prof. Gabi Lambert	*Cross Training 60'** Sala Premium Best Prof. Ari Lopes	*Circuito Kids 60'** Sala Fitness Acqua Prof. Gabi Lambert	*Cross Training 60'** Sala Premium Best Prof. Ari Lopes	Best FitDance45' Sala Fitness Acqua Prof. Michella Costa Prof. Gabi Sanches	Moderada
	*Best Capoeira** Sala Premium Best Prof. Carlos					Baixa
19h00	Best Ritmos 45' Sala Fitness Acqua Prof. Nego Mendes	Best Step 60' Sala Fitness Acqua Prof Heloisa	Best FitDance45' Sala Fitness Acqua Prof. Michella Costa	Best Cross Boxe Sala Fitness Acqua Prof. Marcio	Best Zumba 40' Sala Fitness Acqua Prof. Anddy Regis	** Aulas cobradas separadamente
	*Kickboxing 60'** Sala Premium Best Prof. Onivaldo	*Kung Fu** Sala Premium Best Prof Willian	*Kickboxing 60'** Sala Premium Best Prof. Onivaldo	*Kung Fu** Sala Premium Best Prof Willian		
20h00	Best Spinning 45' Sala Exclusive Best Prof João Leite	Best Zumba 40' Sala Fitness Acqua Prof. Anddy Regis	Best Spinning 45' Sala Exclusive Best Prof. João Leite	Best Pilates de Solo 60' Sala Fitness Acqua Prof. Heloisa		
	*Best Jiu Jitsu 120'** Sala Fitness Acqua Prof. Cebola	*Cross Training 60'** Sala Premium Best Prof. João Leite	*Best Jiu Jitsu 120'** Sala Fitness Acqua Prof.Cebola	*Cross Training 60'** Sala Premium Best Prof. João Leite		