

# SUN JUL

**08:00 ZUMBA**

**09:00 YOGA**

**10:00 CORE**

**10:00 PILATES**

**11:00 BIKE**

**10:45 ZUMBA**

**11:30 INVICTO**

**12:15 MOBILITY**

**15:15 ZUMBA**

**17:00 PILATES**

**17:45 ZENYO**

**18:00 MX4**

**18:30 POWER**

**18:45 CROSSTRAINING**

**19:15 GLUTEBOOM**

**19:15 HIPOPRESIVOS**

**20:00 BIKE**

**20:00 ZUMBA**

**20:45 PYRO**

**21:30 YOGA**

# WARRIORS

**09:00 PILATES**

**09:30 BIKE**

**09:45 STEP**

**10:30 ZENYO**

**10:45 MX4**

**11:15 GLUTEBOOM**

**12:00 CROSSTRaining**

**12:00 MOBILITY**

**18:00 YOGA**

**18:30 BOOTCAMP**

**19:00 GLUTEBOOM**

**19:45 INVICTO**

**19:45 CROSSTRaining**

**20:30 CORE**

**21:15 BIKE**

**21:15 ZUMBA**

# WÉRRCCORES

**08:00 MX4**

**09:00 YOGA**

**10:00 ZUMBA**

**10:00 BOOTCAMP**

**10:45 POWER**

**11:00 CORE**

**11:30 ZENYO**

**12:15 GLUTEBOOM**

**17:00 PILATES**

**17:45 ZENYO**

**18:30 POWER**

**18:30 HIPOPRESIVOS**

**18:45 CROSSTRaining**

**19:15 ZUMBA**

**19:45 BIKE**

**20:00 GLUTEBOOM**

**20:45 BOOTCAMP**

**20:45 TIKTOK DANCE**

**21:30 PILATES**

**21:30 HIPOPRESIVOS**

# SEVEN XOXO

**09:00 PILATES**

**09:30 BIKE**

**09:45 ZENYO**

**10:30 GLUTEBOOM**

**10:45 MX4**

**11:15 ZUMBA**

**11:15 HIPOPRESIVOS**

**12:00 CROSSTRAINING**

**12:15 CORE**

**18:00 YOGA**

**18:30 BOOTCAMP**

**19:00 MOBILITY**

**19:00 INVICTO**

**19:45 POWER**

**19:45 CROSSTRAINING**

**20:30 STEP**

**21:15 TWERK**

**21:30 BIKE**

# VENUES

**09:45 ZENYO**

**10:00 MX4**

**10:30 INVICTO**

**10:30 BIKE**

**11:15 TIKTOK DANCE**

**12:00 MOBILITY**

**12:30 PYRO**

**14:00 CROSSTRAINING**

**17:00 PILATES**

**17:45 GLUTEBOOM**

**18:30 POWER**

**19:15 BOOTCAMP**

**19:15 ZUMBA**

**20:00 YOGA**

# SÁBADO

**10:00 ZENYO**

**10:45 POWER**

**11:30 BIKE**

**BIKE VIRTUAL TODOS OS DÍAS  
A PARTIR DAS 06H  
(EXCEPTO EN HORARIO DE BIKE CON TÉCNICO)**

**2 HORAS DE PARKING GRATUITO  
ABERTO TODOS OS DÍAS DE 6H A 24H**

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