

| | SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA | SÁBADO |
|--|----------------|----------------|-------------------------|----------------|-------------|-----------------------------|
| 8.30 | | | | | | |
| 10.00 | | | | | | |
| 10.30 | | PILATES | | | YOGA | |
| 11.00 | | | | | | |
| 12.00 | | | | | | PILATES PRESENCIAL * |
| <hr style="border: 2px solid black;"/> | | | | | | |
| 18.00 | | | | | | |
| 18.30 | | | | | | |
| 19.00 | PILATES | PILATES | YOGA PRESENCIAL* | PILATES | | |
| 19.30 | | | | | | |
| 20.00 | | | | | | |