

SEG	TER	QUAR	QUI	SEX	SÁB
07:00 - 08:00 Crosstraining	07:00 - 08:00 Crosstraining	07:00 - 08:00 Mobility Wod	07:00 - 08:00 Crosstraining	07:00 - 08:00 Crosstraining	
08:15 - 09:00 BBL <i>António Joaquim</i>		08:15 - 09:00 BBL <i>Iza da Costa</i>		08:15 - 09:00 BBL <i>António Joaquim</i>	
09:30 - 10:15 Localizada <i>Tiago Carvalho</i>	09:30 - 10:15 Cycling <i>Nuno Rodrigues</i>	09:30 - 10:15 Localizada <i>Tiago Carvalho</i>	09:30 - 10:15 Cycling <i>Nuno Rodrigues</i>		09:15 - 10:15 Crosstraining
					09:15 - 10:15 Cross Kids
	11:00 - 11:45 Senior <i>Ana Cláudia</i>		11:00 - 11:45 Senior <i>Ana Cláudia</i>		10:30 - 11:15 Cycling <i>Glória Peixe</i>
12:15 - 13:00 Pilates <i>Ana Cláudia</i>	12:00 - 12:45 Pilates <i>Iona</i>	12:00 - 12:45 Pilates <i>Ana Cláudia</i>	12:00 - 12:45 Pilates <i>Iona</i>	12:30 - 13:15 Pilates <i>Iona</i>	10:30 - 11:30 Karaté <i>Helder Magalhães</i>
12:30 - 13:30 Crosstraining	12:30 - 13:30 Crosstraining	12:30 - 13:30 Crosstraining	12:30 - 13:30 Mobility Wod	12:30 - 13:30 Crosstraining	
	13:15 - 14:00 HIIT <i>António Joaquim</i>		13:15 - 14:00 HIIT <i>António Joaquim</i>		
17:30 - 18:30 Crosstraining	17:30 - 18:30 Crosstraining	17:30 - 18:30 Mobility Wod	17:30 - 18:30 Crosstraining	17:30 - 18:30 Crosstraining	
17:45 - 18:30 Localizada <i>Iza da Costa</i>	17:45 - 18:30 Step <i>Tiago Carvalho</i>	17:45 - 18:30 Localizada <i>Tiago Carvalho</i>	17:45 - 18:30 Step <i>Tiago Carvalho</i>	17:45 - 18:30 Localizada <i>Iza da Costa</i>	
18:30 - 19:30 Cross Kids	18:30 - 19:00 Jump <i>Carolina Inês</i>	18:30 - 19:30 Cross Kids	18:30 - 19:00 Jump <i>Carolina Inês</i>	18:30 - 19:30 Cross Kids	
18:45 - 19:30 Cycling <i>Iza da Costa</i>	18:30 - 19:15 Pilates <i>Ana Cláudia</i>	18:30 - 19:15 Pilates Clínico <i>Sofia Cravosa</i>	18:30 - 19:15 Pilates <i>Sofia Cravosa</i>	18:30 - 19:15 Pilates Clínico <i>Sofia Cravosa</i>	
19:00 - 20:00 Crosstraining	19:00 - 20:00 Crosstraining	18:45 - 19:30 Cycling <i>Tiago Carvalho</i>	19:00 - 20:00 Crosstraining	18:45 - 19:30 Cycling <i>Iza da Costa</i>	
19:30 - 20:15 Pilates <i>Ana Cláudia</i>	19:00 - 19:30 BBL <i>Carolina Inês</i>	19:30 - 20:15 Treino Funcional <i>António Joaquim</i>	19:00 - 19:30 BBL <i>Carolina Inês</i>		
19:30 - 20:15 Treino Funcional <i>António Joaquim</i>	19:30 - 20:15 Localizada <i>Carolina Inês</i>	19:30 - 20:30 Karaté <i>Helder Magalhães</i>	19:30 - 20:15 Localizada <i>Carolina Inês</i>		
	19:30 - 20:15 Cycling <i>Tiago Carvalho</i>		19:30 - 20:15 Cycling <i>Helder Soares</i>	19:30 - 20:30 Boxe <i>Luis Monteiro</i>	
20:30 - 21:30 Boxe <i>Luis Monteiro</i>		20:30 - 21:30 Boxe <i>Luis Monteiro</i>			