



segunda  
monday

terça  
tuesday

quarta  
wednesday

quinta  
thursday

sexta  
friday

sábado  
saturday

domingo  
sunday

➤ Exclusive Group Workouts

7.15 to 8.00  
➤ **reVolution**  
pump it up | all levels  
COACH: Margarida

**PULSE**  
mountain | all levels  
COACH: Renato

**reVolution**  
fat burning | all levels  
COACH: Margarida

**PULSE**  
sprint | all levels  
COACH: Afonso

**reVolution**  
circuit | all levels  
COACH: Margarida

9.30 to 10.15  
➤ **pilates**  
streght | all levels  
COACH: Ondina

**pilates**  
balance | all levels  
COACH: Ondina

**pilates**  
balance | all levels  
COACH: Ondina

10.30 to 11.15  
➤

**pilates**  
mobility | all levels  
COACH: vânia

**pilates**  
mobility | all levels  
COACH: Margarida

**PULSE**  
sweat a lot | advanced  
COACH: Renato

13.00 to 13.45  
➤ **PULSE**  
sprint | beginner  
COACH: Renato

**PULSE**  
sweat a lot | beginner  
COACH: Renato

**pilates**  
streght | all levels  
COACH: Renato

17.30 to 18.15  
➤

**pilates**  
mobility | beginner  
COACH: Ondina

**pilates**  
streght | beginner  
COACH: Ondina

18.30 to 19.15  
➤ **reVolution**  
pump it up | all levels  
COACH: Margarida

**pilates**  
mobility | all levels  
COACH: Ondina

**reVolution**  
fat burning | advanced  
COACH: Margarida

**pilates**  
streght | all levels  
COACH: Ondina

**PULSE**  
mountain | all levels  
COACH: Afonso

19.30 to 20.15  
➤ **PULSE**  
sprint | all levels  
COACH: Renato

**PULSE**  
sweat a lot | advanced  
COACH: Renato