VIVA FIT
Love Living Fit

AULAS ONLINE ZOOM

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
07:20 - 07:50: BURN IT WOMEN / MIX Live (10) **08:00 - 08:30**: BURN IT CARDIO Live (10) **09:00 - 09:30**: BURN IT FORÇA Live (10) **13:00 - 13:30**: BURN IT FORÇA Live (10) **15:45 - 16:30**: BURN IT WOMEN / MIX Live (10) **17:15 - 17:45**: BURN IT CARDIO Live (10) **18:00 - 18:30**: YOGA FUSION Live (10) **20:15 - 21:00**: YOGA FUSION Live (10)	**07:20 - 07:50**: BURN IT CARDIO Live (10) **08:00 - 08:30**: BURN IT WOMEN / MIX Live (10) **09:00 - 09:30**: ZUMBA Live (10) **10:00 - 10:45**: PILATES Live (10) **15:45 - 16:15**: YOGA FUSION Live (10) **16:30 - 17:15**: ZUMBA Live (10) **18:00 - 18:30**: BURN IT FORÇA Live (10) **18:45 - 19:15**: PILATES Live (10) **19:30 - 20:00**: BURN IT CARDIO Live (10)	**08:00 - 08:45**: YOGA FUSION Live (10) **10:00 - 10:30**: BURN IT WOMEN / MIX Live (10) **13:00 - 13:30**: PILATES Live (10) **15:45 - 16:15**: ZUMBA Live (10) **16:30 - 17:00**: BURN IT FORÇA Live (10) **17:15 - 17:45**: PILATES Live (10) **20:15 - 20:45**: BURN IT CARDIO Live (10)	**10:00 - 10:30**: ZUMBA Live (10) **15:45 - 16:15**: BURN IT WOMEN / MIX Live (10) **16:30 - 17:00**: BURN IT CARDIO Live (10) **18:00 - 18:30**: ZUMBA Live (10) **18:45 - 19:15**: ZUMBA Live (10) **19:30 - 20:00**: BURN IT FORÇA Live (10) **20:15 - 21:00**: PILATES Live (10)	**07:20 - 07:50**: BURN IT FORÇA Live (10) **08:00 - 08:30**: BURN IT FORÇA Live (10) **09:00 - 09:30**: PILATES Live (10) **10:00 - 10:45**: YOGA FUSION Live (10) **13:00 - 13:30**: BURN IT CARDIO Live (10) **15:45 - 16:15**: PILATES Live (10) **18:45 - 19:15**: BURN IT WOMEN / MIX Live (10) **19:30 - 20:00**: YOGA FUSION Live (10) **20:15 - 20:45**: ZUMBA Live (10)	**08:00 - 08:45**: ZUMBA Live (10) **10:00 - 10:30**: ZUMBA Live (10)	

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VIVA FIT
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AULAS OUTDOOR (JARDIM DAS MADALENAS)						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
19:30 - 20:00: ZUMBA (20)		**18:30 - 19:15**: BURN IT WOMEN / MIX (30)	**09:00 - 09:30**: BURN IT CARDIO (30)		**09:00 - 09:45**: BURN IT WOMEN / MIX (30)	

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AULAS PRESENCIAIS (ESTUDIO 2)

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
07:20 - 07:50: BURN IT WOMEN / MIX (16) **08:00 - 08:30**: BURN IT CARDIO (16) **09:00 - 09:30**: BURN IT FORÇA (18) **10:00 - 10:45**: SBARRE (16) **13:00 - 13:30**: BURN IT FORÇA (18) **15:45 - 16:30**: BURN IT WOMEN / MIX (16) **17:15 - 17:45**: BURN IT CARDIO (16) **18:00 - 18:30**: YOGA FUSION (16) **18:45 - 19:15**: SBARRE (16) **20:15 - 21:00**: YOGA FUSION (16)	**07:20 - 07:50**: BURN IT CARDIO (16) **08:00 - 08:30**: BURN IT WOMEN / MIX (16) **09:00 - 09:30**: ZUMBA (20) **10:00 - 10:45**: PILATES (18) **15:45 - 16:15**: YOGA FUSION (16) **16:30 - 17:15**: ZUMBA (16) **18:00 - 18:30**: BURN IT FORÇA (18) **18:45 - 19:15**: PILATES (18) **19:30 - 20:00**: BURN IT CARDIO (16) **20:15 - 20:45**: SBARRE (16)	**08:00 - 08:45**: YOGA FUSION (16) **09:00 - 09:30**: SBARRE (16) **10:00 - 10:30**: BURN IT WOMEN / MIX (16) **13:00 - 13:30**: PILATES (18) **15:45 - 16:15**: ZUMBA (20) **16:30 - 17:00**: BURN IT FORÇA (18) **17:15 - 17:45**: PILATES (18) **19:30 - 20:00**: SBARRE (16) **20:15 - 20:45**: BURN IT CARDIO (16)	**08:00 - 08:30**: SBARRE (16) **10:00 - 10:30**: ZUMBA (20) **15:45 - 16:15**: BURN IT WOMEN / MIX (16) **16:30 - 17:00**: BURN IT CARDIO (16) **18:00 - 18:30**: ZUMBA (20) **18:45 - 19:15**: ZUMBA (16) **19:30 - 20:00**: BURN IT FORÇA (18) **20:15 - 21:00**: PILATES (18)	**07:20 - 07:50**: BURN IT FORÇA (18) **08:00 - 08:30**: BURN IT FORÇA (18) **09:00 - 09:30**: PILATES (18) **10:00 - 10:45**: YOGA FUSION (16) **13:00 - 13:30**: BURN IT CARDIO (16) **15:45 - 16:15**: PILATES (18) **17:15 - 17:45**: SBARRE (16) **18:45 - 19:15**: BURN IT WOMEN / MIX (16) **19:30 - 20:00**: YOGA FUSION (16) **20:15 - 20:45**: ZUMBA (20)	**08:00 - 08:45**: ZUMBA (16) **10:00 - 10:30**: ZUMBA (20) **11:00 - 11:45**: SBARRE (16)	

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BOX WOMEN (CIRCUITO)						
SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO

09:30 - 10:00: WORKSHOP (8) **10:00 - 10:30**: WORKSHOP (8) **10:30 - 11:00**: WORKSHOP (8) **11:00 - 11:30**: WORKSHOP (8) **11:30 - 12:00**: WORKSHOP (8) **12:00 - 12:30**: WORKSHOP (8) **12:30 - 13:00**: WORKSHOP (8) **17:30 - 18:00**: WORKSHOP (8) **18:00 - 18:30**: WORKSHOP (8) **19:30 - 20:00**: WORKSHOP (8) **20:00 - 20:30**: WORKSHOP (8) **20:30 - 21:00**: WORKSHOP (8)	**07:20 - 08:00**: WORKSHOP (8) **08:00 - 08:30**: WORKSHOP (8) **14:00 - 14:30**: WORKSHOP (8) **14:30 - 15:00**: WORKSHOP (8) **15:00 - 15:30**: WORKSHOP (8) **15:30 - 16:00**: WORKSHOP (8) **16:00 - 16:30**: WORKSHOP (8) **16:30 - 17:00**: WORKSHOP (8) **17:00 - 17:30**: WORKSHOP (8) **17:30 - 18:00**: WORKSHOP (8) **18:00 - 18:30**: WORKSHOP (8) **20:30 - 21:00**: WORKSHOP (8)	**08:30 - 09:00**: WORKSHOP (8) **09:00 - 09:30**: WORKSHOP (8) **09:30 - 10:00**: WORKSHOP (8) **10:00 - 10:30**: WORKSHOP (8) **10:30 - 11:00**: WORKSHOP (8) **11:00 - 11:30**: WORKSHOP (8) **11:30 - 12:00**: WORKSHOP (8) **12:00 - 12:30**: WORKSHOP (8) **12:30 - 13:00**: WORKSHOP (8) **17:30 - 18:00**: WORKSHOP (8) **18:00 - 18:30**: WORKSHOP (8) **20:30 - 21:00**: WORKSHOP (8)	**14:00 - 14:30**: WORKSHOP (8) **14:30 - 15:00**: WORKSHOP (8) **15:00 - 15:30**: WORKSHOP (8) **15:30 - 16:00**: WORKSHOP (8) **16:00 - 16:30**: WORKSHOP (8) **16:30 - 17:00**: WORKSHOP (8) **17:00 - 17:30**: WORKSHOP (8) **17:30 - 18:00**: WORKSHOP (8) **18:00 - 18:30**: WORKSHOP (8) **19:30 - 20:00**: WORKSHOP (8) **20:00 - 20:30**: WORKSHOP (8) **20:30 - 21:00**: WORKSHOP (8)	**07:20 - 08:00**: WORKSHOP (8) **08:00 - 08:30**: WORKSHOP (8) **08:30 - 09:00**: WORKSHOP (8) **09:00 - 09:30**: WORKSHOP (8) **09:30 - 10:00**: WORKSHOP (8) **10:00 - 10:30**: WORKSHOP (8) **10:30 - 11:00**: WORKSHOP (8) **11:00 - 11:30**: WORKSHOP (8) **11:30 - 12:00**: WORKSHOP (8) **12:00 - 12:30**: WORKSHOP (8) **12:30 - 13:00**: WORKSHOP (8) **17:30 - 18:00**: WORKSHOP (8) **18:00 - 18:30**: WORKSHOP (8) **18:30 - 19:00**: WORKSHOP (8) **19:00 - 19:30**: WORKSHOP (8) **20:30 - 21:00**: WORKSHOP (8)		

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BOX WOMEN (OPEN BOX)						
SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
13:00 - 16:30: WORKSHOP (10)	**09:35 - 13:00**: WORKSHOP (10)	**13:00 - 16:30**: WORKSHOP (0)	**09:35 - 13:00**: WORKSHOP (10)	**13:00 - 16:30**: WORKSHOP (10)		

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BOX WOMEN (WOD)

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
07:20 - 08:05: WORKSHOP (6) **08:35 - 09:20**: WORKSHOP (6) **16:35 - 17:20**: WORKSHOP (6) **18:35 - 19:20**: WORKSHOP (6)	**08:35 - 09:20**: WORKSHOP (6) **13:00 - 13:45**: WORKSHOP (6) **18:35 - 19:20**: WORKSHOP (6) **19:35 - 20:20**: WORKSHOP (6)	**07:20 - 08:05**: WORKSHOP (6) **16:35 - 17:20**: WORKSHOP (6) **18:35 - 19:20**: WORKSHOP (6) **19:35 - 20:20**: WORKSHOP (6)	**07:20 - 08:05**: WORKSHOP (6) **08:35 - 09:20**: WORKSHOP (6) **13:00 - 13:45**: WORKSHOP (6) **18:35 - 19:20**: WORKSHOP (6)	**16:35 - 17:20**: WORKSHOP (6) **19:35 - 20:20**: WORKSHOP (6)	**08:35 - 09:20**: WORKSHOP (6) **10:35 - 11:20**: WORKSHOP (6) **11:35 - 12:20**: WORKSHOP (6)	

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VÍDEO - BC 14						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)

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VÍDEO - BC 15						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)

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VÍDEO - BC 16						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)

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VÍDEO - BC 17						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)

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VÍDEO - BC 18						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)

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VÍDEO - BC 23						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)	**00:00 - 24:00**: BURN IT CARDIO Video (100)

13/05/2024

VÍDEO - BC 24						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)

13/05/2024

VÍDEO - BC 25						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)

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VÍDEO - BC 26						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)	**00:00 - 24:00**: BURN IT CARDIO Video (1000)

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VÍDEO - BC 27						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT CARDIO Video (300)	**00:00 - 24:00**: BURN IT CARDIO Video (300)	**00:00 - 24:00**: BURN IT CARDIO Video (300)	**00:00 - 24:00**: BURN IT CARDIO Video (300)	**00:00 - 24:00**: BURN IT CARDIO Video (300)	**00:00 - 24:00**: BURN IT CARDIO Video (300)	**00:00 - 24:00**: BURN IT CARDIO Video (300)

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VÍDEO - BMIX 18						
SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)

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VÍDEO - BMIX 19						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)

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VÍDEO - BMIX 20						
SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)

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VÍDEO - BMIX 21						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)

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VÍDEO - BMIX 22						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)

13/05/2024

VÍDEO - BMIX 24						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)

13/05/2024

VÍDEO - BMIX 26						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (100)

13/05/2024

VÍDEO - BMIX 27						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT WOMEN / MIX Video (300)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (300)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (300)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (300)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (300)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (300)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (300)

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VÍDEO - BMIX1 25						
SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)

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VÍDEO - BMIX2 25						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)	**00:00 - 24:00**: BURN IT WOMEN / MIX Video (1000)

13/05/2024

VÍDEO - BS 24						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)

13/05/2024

VÍDEO - BS 25						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)	**00:00 - 24:00**: BURN IT FORÇA Video (1000)

13/05/2024

VÍDEO - BS 27						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: BURN IT FORÇA Video (300)	**00:00 - 24:00**: BURN IT FORÇA Video (300)	**00:00 - 24:00**: BURN IT FORÇA Video (300)	**00:00 - 24:00**: BURN IT FORÇA Video (300)	**00:00 - 24:00**: BURN IT FORÇA Video (300)	**00:00 - 24:00**: BURN IT FORÇA Video (300)	**00:00 - 24:00**: BURN IT FORÇA Video (300)

13/05/2024

VÍDEO - PILATES 01/023						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)

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VÍDEO - PILATES 04/023

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)

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VÍDEO - PILATES 07/023

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)

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VÍDEO - PILATES 10/022						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)	**00:00 - 24:00**: PILATES Video (1000)

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VÍDEO - SBARRE 25						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)

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VÍDEO - SBARRE 27						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)	**00:00 - 24:00**: SBARRE Video (1000)

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VÍDEO - SBARRE 28						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: SBARRE Video (100)	**00:00 - 24:00**: SBARRE Video (100)	**00:00 - 24:00**: SBARRE Video (100)	**00:00 - 24:00**: SBARRE Video (100)	**00:00 - 24:00**: SBARRE Video (100)	**00:00 - 24:00**: SBARRE Video (100)	**00:00 - 24:00**: SBARRE Video (100)

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VÍDEO - YOGA FUSION 15

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)

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VÍDEO - YOGA FUSION 18

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)

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VÍDEO - YOGA FUSION 19

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)

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VÍDEO - YOGA FUSION 20						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)

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VÍDEO - YOGA FUSION 21

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)	**00:00 - 24:00**: YOGA FUSION Video (1000)

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VÍDEO - YOGA FUSION 22

SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
00:00 - 24:00: YOGA FUSION Video (100)	**00:00 - 24:00**: YOGA FUSION Video (100)	**00:00 - 24:00**: YOGA FUSION Video (100)	**00:00 - 24:00**: YOGA FUSION Video (100)	**00:00 - 24:00**: YOGA FUSION Video (100)	**00:00 - 24:00**: YOGA FUSION Video (100)	**00:00 - 24:00**: YOGA FUSION Video (100)

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VÍDEO - ZUMBA 01/023						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)

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VÍDEO - ZUMBA 04/023						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)

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VÍDEO - ZUMBA 10/023						
SEGUNDA-FEIRA	**TERÇA-FEIRA**	**QUARTA-FEIRA**	**QUINTA-FEIRA**	**SEXTA-FEIRA**	**SÁBADO**	**DOMINGO**
00:00 - 24:00: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)	**00:00 - 24:00**: ZUMBA Video (1000)

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