

| | | dl | dt | dc | dj | dv | db | dg |
|---------------|----------------|---------|---------|---------|---------|----|---------|---------|
| 08:30 - 09:15 | COSMENT | PILATES | | | | | | |
| 09:15 - 10:00 | COSMENT | | | | | | PILATES | PILATES |
| 10:00 - 10:45 | COSMENT | | | | PILATES | | | |
| 14:35 - 15:05 | MULTIFUNCIONAL | | | PILATES | | | | |
| 17:15 - 18:00 | COSMENT | | | PILATES | | | | |
| 18:15 - 19:00 | COSMENT | | PILATES | | | | | |
| 20:15 - 21:00 | COSMENT | | PILATES | | | | | |