

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ	07:15H	3 50'	C 30'	2 45'	C 30'	C 60'	
	09:00H	C 15'	2 45' GET SIX PACK 15'	2 30' GET UPPER BODY 15'	C 15'	2 30' GET UPPER BODY 15'	3 50'
	09:45H						1 45'
TARDE	10:00H	C 30' 3 50'	1 45'	3 50'	1 45'	2 45' A 45'	
	11:00H	C 15'	C 15'	C 30'	C 15'	1 45' A 50'	
	11:15H						3 50'
	12:15H	A 50'		A 50'	C 30'	A 50'	
	12:45H	3 50'	1 45'	C 60'	2 45'	3 50'	
	14:15H					2 45'	
	15:00H						
	16:00H	C 15'	C 30'	C 15' 1 45'	C 30'	C 15'	
	17:30H			3 50'		2 45'	
	17:45H	1 30' C 15'	C 15'	C 15' 2 30'	C 15'	C 15'	
18:00H						3 50'	
18:15H	C 60'			3 50'			
18:20H	A 50'		A 50'		1 50'		
18:30H	1 45' 2 45'	2 45' C 50'	2 45' C 60'	C 60' 1 45'	C 60'		
18:45H	3 50' C 15'	1 45' C 15'	3 50' C 15'	2 45' C 15'	2 45' C 15'		
19:15H		A 50' 3 50'		A 50'	1 45'		
19:30H	A 60' 1 45'		A 60' 1 45'		A 60'		
19:45H	2 45'		2 45'	3 50'	2 30'		
20:00H	C 60'	2 45' C 60'	C 60'	C 60'	3 50'		
20:15H			3 50'	2 45'			
20:30H		2 45' A 50'		A 50' 1 45'	1 45'		
20:45H		3 50'					

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE C CROSS STAGE A ARENA STAGE



GET EXCITED