

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:00H	2 50' CYCLING	3 50' CHEMICAL	1 50' BODY PUMP	0 50' CROSS TRAINING	1 50' PILATES	
	08:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
	09:00H	1 50' BODY PUMP	1 50' PILATES CLÍNICO	3 50' CHEMICAL	1 50' BUMBUM	2 50' CYCLING	
	09:30H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	1 50' PILATES	
	10:30H	1 50' YOGA	2 50' CYCLING	1 50' LOCAL	1 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' CHEMICAL
	11:00H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	1 50' LOCAL
	11:30H					2 50' CYCLING	
	12:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
	12:45H	2 50' CYCLING	1 50' BODY PUMP	1 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' CYCLING	
	15:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
TARDE ☀	16:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
	16:30H	1 50' BUMBUM	1 50' YOGA	1 50' BODY PUMP	1 50' PILATES CLÍNICO		
	17:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
	17:30H	2 50' CYCLING	1 50' LOCAL	2 50' CYCLING	1 50' LOCAL	1 50' PILATES	
	18:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
		3 50' CHEMICAL	2 50' CYCLING	0 50' CROSS TRAINING	3 50' CHEMICAL	0 50' CROSS TRAINING	
	18:30H	1 50' BODY PUMP	1 50' GAP	1 50' PILATES	1 50' ZUMBA	1 50' BUMBUM	
		2 50' CYCLING	0 50' CROSS TRAINING	3 50' CHEMICAL	2 50' CYCLING		
	19:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
		0 50' CROSS TRAINING	3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL	2 50' CYCLING	
NOITE 🌙	19:30H	1 50' GAP	1 50' PILATES	1 50' BODY PUMP	1 50' PILATES	3 50' CHEMICAL	
	20:00H	3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL			
		0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	
	20:15H	2 50' CYCLING	3 50' CHEMICAL		2 50' CYCLING		
	20:30H	1 50' PILATES	1 50' ZUMBA				
	20:45H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 0 CROSS STAGE