PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 01 DE SET.

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

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