

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H	3 50' CYCLING	0 45' CROSS TRAINING	2 45' LOCAL	2 45' GAP	0 45' CROSS TRAINING	
	09:00H	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	3 50' CYCLING
		2 45' BUMBUM	1 45' PILATES	2 45' YOURFIT JUMP	2 45' ATTACK	2 45' BODY PUMP	
	09:30H						1 45' YOGA
	10:00H					2 45' LOCAL	
	10:15H	3 50' CYCLING	0 45' CROSS TRAINING	3 50' CYCLING	1 45' YOGA	1 45' PILATES	
10:30H							
TARDE ☀	11:00H	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	2 45' RITMOS 1 45' PILATES 0 15' GET SIX PACK
	11:30H					3 50' CYCLING	3 50' CYCLING
	12:45H	2 45' BODY PUMP	3 45' CYCLING	2 45' HIIT	1 45' PILATES	3 45' CYCLING	
	16:00H	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	
	17:30H	1 45' RITMOS	2 45' LOCAL	1 45' BUMBUM	3 50' CYCLING	2 45' LOCAL	
	18:00H	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	3 50' CYCLING
	18:15H	3 50' CYCLING	0 60' CROSS TRAINING	3 50' CYCLING			
	18:30H	0 60' CROSS TRAINING	3 50' CYCLING	1 45' PILATES	2 45' LOCAL	0 60' CROSS TRAINING	
		2 45' BODY PUMP	1 45' PILATES CLÍNICO		0 60' CROSS TRAINING	3 50' CYCLING A 60' DEFESA PESSOAL	
	18:45H	0 15' GET SIX PACK	0 15' GET CORE	0 15' GET SIX PACK	3 50' CYCLING 0 15' GET SIX PACK	0 15' GET SIX PACK 1 45' PILATES	
18:45H	2 45' YOURFIT JUMP	1 45' BUMBUM	2 45' BODY PUMP	1 45' PILATES			
			0 60' CROSS TRAINING				
19:00H			3 50' CYCLING				
19:15H	3 50' CYCLING		3 50' CYCLING				
19:30H	1 45' PILATES 0 15' GET SIX PACK	3 50' CYCLING 1 45' ATTACK	0 15' GET SIX PACK	1 45' YOGA	3 50' CYCLING		
	2 45' LOCAL	0 15' GET CORE		0 15' GET SIX PACK	0 15' GET SIX PACK		
19:45H		2 45' BODY PUMP 0 60' CROSS TRAINING		2 45' BODY PUMP			
20:00H	0 60' CROSS TRAINING 0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK	0 15' GET SIX PACK		
20:15H	3 50' CYCLING		3 50' CYCLING	3 50' CYCLING			
20:30H							

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



GET EXCITED