

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H	3 50' CYCLING	6 45' CROSS TRAINING	2 45' LOCAL	2 45' BUMBUM	6 45' CROSS TRAINING	
	09:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 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	6 45' CROSS TRAINING	3 50' CYCLING	1 45' YOGA	1 45' PILATES	
10:30H							
TARDE ☀	11:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	2 45' RITMOS, 1 45' PILATES, 3 50' CYCLING, 6 15' GET SIX PACK
	11:30H						
	12:45H	2 45' BODY PUMP	3 45' CYCLING	2 45' LOCAL	1 45' PILATES	3 45' CYCLING	
	16:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	
	17:30H	1 45' RITMOS	2 45' LOCAL	1 45' BUMBUM	3 50' CYCLING	2 45' LOCAL	
	18:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	
	18:15H	3 50' CYCLING		3 50' CYCLING			
	18:30H	2 45' BODY PUMP	3 50' CYCLING, 6 60' CROSS TRAINING	1 45' PILATES	2 45' LOCAL	6 60' CROSS TRAINING	
			1 45' PILATES CLÍNICO		6 60' CROSS TRAINING	3 50' CYCLING	
	18:45H	6 15' GET SIX PACK, 2 45' YOURFIT JUMP	6 15' GET CORE, 1 45' BUMBUM	6 15' GET SIX PACK, 2 45' BODY PUMP	3 50' CYCLING, 6 15' GET SIX PACK, 1 45' PILATES		
	19:00H	6 60' CROSS TRAINING		6 60' CROSS TRAINING			
	19:15H	3 50' CYCLING		3 50' CYCLING			
19:30H	1 45' PILATES, 6 15' GET SIX PACK	3 50' CYCLING, 1 45' ATTACK	6 15' GET SIX PACK	1 45' YOGA	3 50' CYCLING		
	2 45' LOCAL	6 15' GET CORE	2 45' YOURFIT JUMP	6 15' GET SIX PACK	6 15' GET SIX PACK		
19:45H				2 45' BODY PUMP			
20:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK		
20:15H			3 50' CYCLING	3 50' CYCLING			
20:30H							