

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

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 1 1ST STAGE 2 2ND STAGE 3 3RD STAGE



GET EXCITED