

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H	3 50' CYCLING	4 45' CROSS TRAINING	2 45' LOCAL	2 45' BUMBUM	4 45' CROSS TRAINING	
	09:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	3 50' CYCLING
		2 45' BUMBUM	2 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	4 45' CROSS TRAINING	3 50' CYCLING	2 45' YOGA	1 45' PILATES	
10:30H							
TARDE ☀	11:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 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	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
	17:30H	1 45' RITMOS	1 45' LOCAL	2 45' BUMBUM	1 45' PILATES	2 45' LOCAL	
	17:45H	2 45' PILATES	3 50' CYCLING	1 45' STEP	3 50' CYCLING		
	18:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	3 50' CYCLING
	18:15H	3 50' CYCLING	4 60' CROSS TRAINING	3 50' CYCLING			
	NOITE 🌙	18:30H	1 45' LOCAL	2 45' PILATES	2 45' PILATES	2 45' LOCAL	4 60' CROSS TRAINING
4 60' CROSS TRAINING			1 45' ATTACK		4 60' CROSS TRAINING	3 50' CYCLING	
18:45H		2 45' YOURFIT JUMP	3 50' CYCLING	1 45' BODY PUMP	3 50' CYCLING	2 50' PILATES	
		4 15' GET SIX PACK	4 15' GET CORE	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
19:00H							
19:15H		3 50' CYCLING	4 60' CROSS TRAINING	3 50' CYCLING	1 45' PILATES		
19:30H		4 15' GET SIX PACK	4 15' GET CORE	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
		1 45' YOGA	2 45' BODY PUMP	2 45' YOURFIT JUMP	2 45' BODY PUMP	3 50' CYCLING	
19:45H		4 60' CROSS TRAINING	3 50' CYCLING	4 60' CROSS TRAINING	3 50' CYCLING		
20:00H		4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
20:15H	3 50' CYCLING	2 45' BUMBUM	3 50' CYCLING	1 45' LOCAL			

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 CROSS STAGE 5 ARENA STAGE



GET EXCITED