

| | SEGUNDA-FEIRA | TERÇA-FEIRA | QUARTA-FEIRA | QUINTA-FEIRA | SEXTA-FEIRA | SÁBADO | DOMINGO |
|---------|----------------------|----------------------|----------------------|--------------------|----------------------|----------------------|---------------|
| MANHÃ ☀ | 07:15H | 3 45' 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 45' 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 45' CYCLING | 6 45' CROSS TRAINING | 3 45' CYCLING | 2 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 | 2 45' RITMOS | 1 45' PILATES |
| | 11:30H | | | | | 3 45' CYCLING | 3 45' CYCLING |
| | 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 | 1 45' LOCAL | 2 45' BUMBUM | 1 45' PILATES | 2 45' LOCAL | |
| | 17:45H | 2 45' PILATES | 3 45' CYCLING | 1 45' STEP | 3 45' CYCLING | | |
| | 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 | 3 45' CYCLING |
| | 18:15H | 3 45' CYCLING | 6 45' CROSS TRAINING | 3 45' CYCLING | | | |
| | 18:30H | 1 45' LOCAL | 2 45' PILATES | 2 45' PILATES | 2 45' LOCAL | 6 45' CROSS TRAINING | |
| | | 6 45' CROSS TRAINING | 1 45' ATTACK | | 6 45' CROSS TRAINING | 3 45' CYCLING | |
| 18:45H | 2 45' YOURFIT JUMP | 3 45' CYCLING | 1 45' BODY PUMP | 3 45' CYCLING | 2 45' PILATES | | |
| | 6 15' GET SIX PACK | 6 15' GET CORE | 6 15' GET SIX PACK | 6 15' GET SIX PACK | 6 15' GET SIX PACK | | |
| 19:00H | | | | | | | |
| 19:15H | 3 45' CYCLING | 6 45' CROSS TRAINING | 3 45' CYCLING | 1 45' PILATES | | | |
| 19:30H | 6 15' GET SIX PACK | 6 15' GET CORE | 6 15' GET SIX PACK | 6 15' GET SIX PACK | 6 15' GET SIX PACK | | |
| | 1 45' YOGA | 2 45' BODY PUMP | 2 45' YOURFIT JUMP | 2 45' BODY PUMP | 3 45' CYCLING | | |
| 19:45H | 6 45' CROSS TRAINING | 3 45' CYCLING | 6 45' CROSS TRAINING | 3 45' CYCLING | | | |
| 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 45' CYCLING | 2 45' BUMBUM | 3 45' CYCLING | 1 45' LOCAL | | | |

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 6 CROSS STAGE 7 ARENA STAGE



GET EXCITED