

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

1 1ST STAGE | 2 2ND STAGE | 3 3RD STAGE | **C** CROSS STAGE | **A** ARENA STAGE