

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

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