

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

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