

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H	③ 45' CYCLING	④ 45' CROSS TRAINING	② 45' LOCAL	② 45' BUMBUM	④ 45' CROSS TRAINING	
	09:00H	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' 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	② 45' LOCAL	③ 45' CYCLING	② 45' YOGA	① 45' PILATES	
	10:30H						
	11:00H	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	② 45' RITMOS ① 45' PILATES
	11:15H						③ 45' CYCLING
	TARDE ☀	11:30H					③ 45' CYCLING
12:45H		② 45' BODY PUMP	③ 45' CYCLING	② 45' LOCAL	① 45' PILATES	③ 45' CYCLING	
16:00H		④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' 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		④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	
18:15H		③ 45' CYCLING		③ 45' CYCLING		① 45' STEP	③ 45' CYCLING
18:30H		④ 45' CROSS TRAINING	② 45' PILATES ④ 45' CROSS TRAINING	② 45' PILATES	④ 45' CROSS TRAINING	② 45' PILATES ④ 45' CROSS TRAINING	
		① 45' LOCAL	① 45' ATTACK		② 45' LOCAL	③ 45' CYCLING	
18:45H		② 45' YOURFIT JUMP	③ 45' CYCLING	① 45' BODY PUMP	③ 45' CYCLING		
	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK		
19:00H							
19:15H	③ 45' CYCLING		③ 45' CYCLING				
19:30H	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK		
	① 45' YOGA	② 45' BODY PUMP	② 45' YOURFIT JUMP	② 45' BUMBUM ② 45' PILATES	③ 45' CYCLING		
19:45H	④ 45' CROSS TRAINING	③ 45' CYCLING	④ 45' CROSS TRAINING	③ 45' CYCLING			
20:00H	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK	④ 15' SIX PACK		
20:15H	③ 45' CYCLING		③ 45' CYCLING				

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