

	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' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 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						2 45' YOGA
	10:00H					2 45' PILATES	2 45' LOCAL
	10:15H	3 45' CYCLING	2 45' LOCAL	3 45' CYCLING	2 45' YOGA		
10:30H							
TARDE ☀	11:00H	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	2 45' RITMOS	1 45' PILATES
	11:15H						3 45' CYCLING
	11:30H					3 45' CYCLING	
	12:45H	2 45' BODY PUMP	3 45' CYCLING	2 45' LOCAL	2 45' PILATES	3 45' CYCLING	
	16:00H	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	
	17:30H	2 45' RITMOS	2 45' LOCAL	1 45' BUMBUM	2 45' PILATES	2 45' LOCAL	
	17:45H	1 45' PILATES	3 45' CYCLING	2 45' STEP	3 45' CYCLING		
	18:00H	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	
	18:15H	3 45' CYCLING		3 45' CYCLING		1 45' STEP	3 45' CYCLING
	NOITE 🌙	18:30H	6 45' CROSS TRAINING	2 45' PILATES	6 45' CROSS TRAINING	2 45' PILATES	6 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		
		6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	
19:00H							
19:15H		3 45' CYCLING		3 45' CYCLING			
19:30H		6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	
		1 45' YOGA	2 45' BODY PUMP	2 45' YOURFIT JUMP	1 45' BUMBUM	2 45' PILATES	3 45' CYCLING
19:45H		6 45' CROSS TRAINING	3 45' CYCLING	6 45' CROSS TRAINING	3 45' CYCLING		
20:00H		6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 15' SIX PACK	6 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