PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 18 DE SET.

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ							
07:00H	3 CYCLING 50’	C CROSS TRAINING 50’	2 LOCAL 50’	C CROSS TRAINING 50’	2 PILATES 50’		
09:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
	2 PILATES 50’	2 LOCAL 50’	3 CYCLING 50’	2 YOGA 50’	C CROSS TRAINING 50’	3 CYCLING 50’	
10:00H	2 LOCAL 50’	2 PILATES 50’		2 ZUMBA 50’		2 LOCAL 50’	
11:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	2 RITMOS 50’	
						1 PILATES 50’	3 CYCLING 50’
11:30H							2 PILATES 50’
TARDE							
12:45H	2 GAP 50’	3 CYCLING 50’	2 PILATES 50’	2 LOCAL 50’	3 CYCLING 50’		
16:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
17:30H	1 PILATES 50’	2 LOCAL 50’		2 BODY PUMP 50’			
17:45H	2 RITMOS 50’	3 CYCLING 50’	2 STEP 50’		2 LOCAL 50’		
18:15H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
	3 CYCLING 50’			1 YOGA 50’			
18:30H		1 PILATES CLÍNICO 50’	3 CYCLING 50’	C CROSS TRAINING 50’	3 CYCLING 50’		
		2 BODY PUMP 50’		2 BUMBUM 50’			
18:45H	2 LOCAL 50’	C CROSS TRAINING 50’	2 PILATES 50’	3 CYCLING 50’	C CROSS TRAINING 50’		
	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
NOITE					2 PILATES 50’		
19:15H	1 YOGA 50’	3 CYCLING 50’	C CROSS TRAINING 50’	2 JUMP 50’			
	3 CYCLING 50’						
19:30H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
	C CROSS TRAINING 50’		2 BODY PUMP 50’	2 PILATES 50’			
19:45H		2 BUMBUM 50’	3 CYCLING 50’				
20:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		

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