PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 26 DE OUT.

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

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