

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ	07:15H CROSS TRAINING 50'	CHEMICAL 50'	CYCLING 50'	BODY PUMP 50'	CROSS TRAINING 50'		
	09:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'			
	09:15H	PILATES 50'		PILATES 50'			
	10:00H					CYCLING 50'	
	10:30H PILATES CLÍNICO 50'	BUMBUM 50'	PILATES CLÍNICO 50'	CHEMICAL 50'	PILATES 50'	CHEMICAL 50'	
	11:00H						CYCLING 50'
	11:15H					PILATES 50'	
TARDE	12:45H CROSS TRAINING 50'	CHEMICAL 50'	CYCLING 50'	BODY PUMP 50'	GAP 50'		
	16:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	17:00H					CYCLING 50'	
	17:30H LOCAL 50'	BUMBUM 50'	LOCAL 50'	GAP 50'	CHEMICAL 50'		
	18:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	18:15H			JUMP 50'			
	18:30H CHEMICAL 50'	BODY PUMP 50'	CROSS TRAINING 50'	PILATES 50'	CHEMICAL 50'	LOCAL 50'	CHEMICAL 50'
18:45H RIDING 50'	CROSS TRAINING 50'	CYCLING 50'	CHEMICAL 50'	CROSS TRAINING 50'	CYCLING 50'		CROSS TRAINING 50'
19:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	CYCLING 50'		
19:10H					YOGA 50'		
19:20H PILATES 50'				PILATES CLÍNICO 50'			
19:30H BOXE 50'	CHEMICAL 50'	YOGA 50'	HIIT 50'	BOXE 50'	CHEMICAL 50'		CHEMICAL 50'
19:45H CYCLING 50'	CROSS TRAINING 50'		RIDING 50'	BODY PUMP 50'			
20:00H GAP 50'	GET SIX PACK 15'	CHEMICAL 50'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
20:15H				CROSS TRAINING 50'			
20:30H KICKBOXING 50'			BUMBUM 50'	KICKBOXING 50'			
21:00H		GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'			

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 4RD STAGE C CROSS STAGE A ARENA STAGE



GET EXCITED