

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☽	07:15H	C 50' CROSS TRAINING	3 50' CHEMICAL	4 50' CYCLING	2 50' BODY PUMP	C 50' CROSS TRAINING		
	09:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	09:15H		2 50' PILATES		2 50' PILATES			
	10:00H					4 50' CYCLING		
	10:30H	2 50' PILATES CLÍNICO	2 50' BUMBUM	2 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' PILATES	3 50' CHEMICAL	
	11:00H						4 50' CYCLING	
	11:15H					1 50' PILATES		
TARDE ☀	12:45H	C 50' CROSS TRAINING	3 50' CHEMICAL	4 50' CYCLING	2 50' BODY PUMP	2 50' GAP		
	16:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK		
	17:00H					4 50' CYCLING		
	17:30H	2 50' LOCAL	2 50' BUMBUM	2 50' LOCAL	2 50' GAP	3 50' CHEMICAL		
	18:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK		
	18:15H							
	18:30H	3 50' CHEMICAL	2 50' BODY PUMP	C 50' CROSS TRAINING	1 50' PILATES	3 50' CHEMICAL	2 50' LOCAL	3 50' CHEMICAL
NOITE 🌙	18:45H	4 50' RIDING	C 50' CROSS TRAINING	4 50' CYCLING	3 50' CHEMICAL	C 50' CROSS TRAINING	4 50' CYCLING	C 50' CROSS TRAINING
	19:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	4 50' CYCLING		
	19:10H					1 50' YOGA		
	19:20H	1 50' PILATES			1 50' PILATES CLÍNICO			
	19:30H	A 50' BOXE	3 50' CHEMICAL	1 50' YOGA	2 50' HIIT	A 50' BOXE	3 50' CHEMICAL	3 50' CHEMICAL
	19:45H	4 50' CYCLING	C 50' CROSS TRAINING	4 50' RIDING	2 50' BODY PUMP			
	20:00H	2 50' GAP	C 15' GET SIX PACK	3 50' CHEMICAL	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	
	20:15H				C 50' CROSS TRAINING			
	20:30H	A 50' KICKBOXING		2 50' BUMBUM	A 50' KICK BOXING			
	21:00H		C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			

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



GET EXCITED