

	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								
	NOITE 🌙	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
		C 50' CROSS TRAINING			2 50' JUMP				
18:45H		4 50' RIDING	4 50' CYCLING	3 50' CHEMICAL	C 50' CROSS TRAINING	4 50' CYCLING	C 50' CROSS TRAINING	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 50' CROSS TRAINING	C 15' GET SIX PACK	
20:15H									
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