

| | 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' | GET SIX PACK 15' | | |
| | 09:15H | | | | | | |
| TARDE ☀ | 10:00H PILATES CLÍNICO 50' | BUMBUM 50' | PILATES CLÍNICO 50' | PILATES 50' | PILATES 50' | CHEMICAL 50' | |
| | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | CYCLING 50' | CYCLING 50' |
| | 11:00H | | | | | | |
| | 11:30H | | | | | PILATES CLÍNICO 50' | |
| | 12:45H CROSS TRAINING 50' | CHEMICAL 50' | CYCLING 50' | BODY PUMP 50' | GAP 50' | | |
| | 15:00H GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | |
| NOITE 🌙 | 17:00H GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | | |
| | 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 | | | | | | |
| | 18:30H CROSS TRAINING 50' | BODY PUMP 50' | PILATES 50' | CHEMICAL 50' | STEP 50' | | |
| | 18:45H CYCLING 50' | CHEMICAL 50' | CROSS TRAINING 50' | CROSS TRAINING 50' | CROSS TRAINING 50' | | |
| | 19:00H CHEMICAL 50' | CYCLING 50' | CYCLING 50' | CYCLING 50' | | | |
| | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | | |
| | 19:20H PILATES 50' | | | PILATES CLÍNICO 50' | YOGA 50' | | |
| | 19:30H | YOGA 50' | BOXE 50' | CHEMICAL 50' | | | |
| 19:45H CYCLING 50' | CROSS TRAINING 50' | HIIT 50' | | | | | |
| 20:00H | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | GET SIX PACK 15' | | |
| | GAP 50' | CHEMICAL 50' | RIDING 50' | BODY PUMP 50' | CROSS TRAINING 50' | | |
| | 20:30H | | KICK BOXING 50' | | | | |
| 21:00H | | | | | | | |

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



GET EXCITED