

PHYSICAL)
GET EXCITED IN FELGUEIRAS

		SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
_		© 50°	3 50'	4 50'	2 50'	© 50°		
MANHÃ 🚊	07:15H	CROSS TRAINING	CHEMICAL	CYCLING	BODY PUMP	CROSS TRAINING		
¥	09:00H	C 15'				C 15'		
¥	55.65	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	09:15H							
		2 50'	2 50'	2 50'	2 50'	2 50'	3 50'	
	10:00H	PILATES CLÍNICO	BUMBUM	PILATES CLÍNICO	PILATES	PILATES	CHEMICAL	
	10.0011						<b>4</b> 50'	_
		GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	CYCLING	CYCLING
	11:00H							
							① 50°	
	11:30H						PILATES CLÍNICO	
፨	12:45H				2 50'			
		CROSS TRAINING	CHEMICAL	CYCLING	BODY PUMP	GAP		
TARDE	15:00H	© 15' GET SIX PACK	© 15' GET SIX PACK	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack		
_						© 15'		
	17:00H	GET SIX PACK	GET SIX PACK	GET SIX PACK		GET SIX PACK		
	17:30H	2 50'	2 50'		2 50'	<b>3</b> 50'		
	17.0011	LOCAL	вимвим	LOCAL	GAP	CHEMICAL		
	18:00H	© 15'				© 15'		
		GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	18:15H							
		C 50'	2 50'	<b>1</b> 50'	3 50'			
	18:30H	CROSS TRAINING	BODY PUMP	PILATES	CHEMICAL	STEP		
		<b>4</b> 50'	<b>3</b> 50'	<u>ල</u> 50'	© 50°	Cl 50'		
	18:45H	CYCLING	CHEMICAL	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
		3 50'	<b>4</b> 50'	<b>4</b> 50'	4 50'			
NOITE O	19:00H	CHEMICAL	CYCLING	CYCLING	CYCLING			
						C 15'		
_		GET SIX PACK  1 50'	GET SIX PACK	GET SIX PACK	GET SIX PACK  50'	GET SIX PACK  50'		
	19:20H	PILATES			PILATES CLÍNICO	YOGA		
	19:30H		① 50°	A 50' 3 50'				
	13.3011		YOGA	BOXE CHEMICAL				
	19:45H	4 50' © 50' CROSS TRAINING						
		CYCLING TRAINING  15'	HIIT [] 15'	© 15'	C 15'	(C) 15'		
	00.00	GET SIX PACK	GET SIX PACK	GET SIX PACK		GET SIX PACK		
	20:00H		<b>3</b> 50'		2 50' C 50' BODY CROSS PUMP TRAINING			
		GAP	CHEMICAL		PUMP TRAINING			
	20:30H			A 20,				
				KICK BOXING				
	21:00H							

4 ARD STAGE © CROSS STAGE A ARENA STAGE



