

	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						
	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'		
TARDE	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'		
	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'	CHEMICAL 50'	CHEMICAL 50'	STEP 50'		
			PILATES 50'				
	18:45H CYCLING 50'	CHEMICAL 50'	CROSS TRAINING 50'	CROSS TRAINING 50'	CROSS TRAINING 50'		
	NOITE	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