

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

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



GET EXCITED