

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
<b>MANHÃ</b> ☀	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	PILATES 50'		PILATES 50'			
	10:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	CHEMICAL 50'	
						CYCLING 50'	CYCLING 50'
	10:30H PILATES CLÍNICO 50'	BUMBUM 50'	PILATES CLÍNICO 50'	CHEMICAL 50'	PILATES 50'		
11:30H					PILATES CLÍNICO 50'		
<b>TARDE</b> ☀	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'	CYCLING 50'	
	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 CHEMICAL 50'	CYCLING 50'	PILATES 50'	CYCLING 50'			
	18:30H CROSS TRAINING 50'	CROSS TRAINING 50'	CHEMICAL 50'	CHEMICAL 50'	STEP 50'		
		BODY PUMP 50'	JUMP 50'	LOCAL 50'	CYCLING 50'		
	18:45H CYCLING 50'	CHEMICAL 50'	CROSS TRAINING 50'	CROSS TRAINING 50'	CROSS TRAINING 50'		
	<b>NOITE</b> 🌙	19:00H		CYCLING 50'			
		GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
19:20H PILATES 50'		CYCLING 50'		PILATES CLÍNICO 50'	YOGA 50'		
19:30H CHEMICAL 50'		YOGA 50'	BOXE 50'	CHEMICAL 50'	CYCLING 50'	CHEMICAL 50'	
19:45H CYCLING 50'		CROSS TRAINING 50'	HIIT 50'		BODY PUMP 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'	CROSS TRAINING 50'		
20:30H				BUMBUM 50'			
			KICK BOXING 50'				

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