

	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' GAP	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					B 50' CHEMICAL	
TARDE ☀	10:30H	B 50' PILATES CLÍNICO	B 50' BUMBUM	B 50' PILATES CLÍNICO	C 50' CHEMICAL	B 50' PILATES	
	11:00H						A 50' CYCLING
	11:30H					B 50' PILATES CLÍNICO	
	12:45H	C 50' CROSS TRAINING	A 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	C 50' CHEMICAL	A 50' CYCLING	B 50' PILATES	A 50' CYCLING		
	NOITE 🌙	18:30H	C 50' CROSS TRAINING	C 50' CROSS TRAINING	C 50' CHEMICAL	C 50' CHEMICAL	B 50' STEP
			B 50' BODY PUMP	B 50' JUMP	B 50' LOCAL	A 50' CYCLING	
18:45H		A 50' CYCLING	C 50' CHEMICAL	C 50' CROSS TRAINING	C 50' CROSS TRAINING	C 50' CROSS TRAINING	
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		B 50' PILATES	A 50' CYCLING		B 50' PILATES CLÍNICO	B 50' YOGA	
19:30H		C 50' CHEMICAL	B 50' YOGA	C 50' CHEMICAL	A 50' CYCLING	C 50' CHEMICAL	
19:45H		A 50' CYCLING	C 50' HIIT		B 50' BODY PUMP		
		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	
20:00H		B 50' GAP	C 50' CHEMICAL	A 50' RIDING	C 50' CROSS TRAINING		
20:30H			B 50' BUMBUM				

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