		SEGUNDA-FEIRA	TERÇA-FEIRA		QUARTA-FEIRA		QUINTA-FEIRA		SEXTA-FEIRA		SÁBADO		DOMINGO
	07:15H	C 50	3	50'	4	50'	3	50'	C	50'			
MANHÃ 🖂	U/: 19H	CROSS TRAINING	CHEMICAL		CYCLING		CHEMICAL		CROSS TRAINING				
¥	09:00H	C 15		15'		15'	C	15'	C				
×		SIX PACK	SIX PACK	50'	SIX PACK		SIX PACK	50'	SIX PACK				
	09:15H		PILATES CLÍNICO	50			PILATES	50					
	10.000										4	50'	
	10:00H										CYCLING		
	10:30H	2 50		50'		50'	3	50'		50'		50'	
		PILATES CLÍNICO	BUMBUM		PILATES CLÍNICO		CHEMICAL		PILATES		CHEMICAL		<b>4</b> 50'
	11:00H												CYCLING
	44.450										1	50'	
	11:15H										PILATES CLÍNICO		
<u> </u>	12:45H		3	50'		50'		50'	3	50'			
TARDE 🌣		CROSS TRAINING	CHEMICAL C	15'	CYCLING	15'	BODY PUMP	15'	CHEMICAL	15'			
A	15:00H	© 15 SIX PACK	SIX PACK	10	© Six pack	10	SIX PACK	10	SIX PACK				
•		<u>C</u> 15		15'		15'	C	15'	C	15'	4	50'	
	17:00H	SIX PACK	SIX PACK		SIX PACK		SIX PACK		SIX PACK		CYCLING		
	17:30H	2 50		50'		50'	2	50'	3	50'			
	17.0011	LOCAL	BUMBUM	4 ET	LOCAL	A ET	GAP	4 EL	CHEMICAL	450			
	18:00H	C 15 SIX PACK	C SIX PACK	15'	© Six pack	15'	C) SIX PACK	15	© Six pack				
		3 50		50'		50'		50'	SIA PAUK				
	18:15H	CHEMICAL	CYCLING		PILATES		CYCLING						
		C 50	C C	50'	3	50'	3	50'	2	50'			
	18:30H	CROSS TRAINING	CROSS TRAINING		CHEMICAL		CHEMICAL		STEP				
		2 50		50'		50'		50'		50'			
		ZUMBA 50	BODY PUMP		ZUMBA	50'	LOCAL	50'	CYCLING	50'			
	18:45H	RIDING			CROSS TRAINING		CROSS TRAINING		CROSS TRAINING				
						50'							
NOITE P	19:00H				CYCLING								
<u> </u>	10.0011	C 15		15'		15'	C	15'	C				
~		SIX PACK	SIX PACK		SIX PACK		SIX PACK		SIX PACK	50'			
	19:10H								① Yoga	ວບ			
		① 50	4	50'			1	50'	TOOK				
	19:20H	PILATES	CYCLING				PILATES CLÍNICO						
	19:30H		0	50'		50'	4	50'					
	10.0011	CHEMICAL EC.	YOGA	FOL	CHEMICAL		CYCLING	EOL					
	19:45H	4 50' C 50 CROSS CYCLING TRAINING	2 HIIT	50'			② Body Pump	50'					
		CYCLING TRAINING		15'	0	15'	C C	15'	C	15'			
	00 001	SIX PACK	SIX PACK		SIX PACK		SIX PACK		SIX PACK				
	20:00H		3	50'			C	50'					
			CHEMICAL				CROSS TRAINING						
	20:15H					50'							
					BUMBUM								