

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H	C 50' CROSS TRAINING	3 50' CHEMICAL	4 50' CYCLING	3 50' CHEMICAL	C 50' CROSS TRAINING	
	09:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
	09:15H		2 50' PILATES CLÍNICO		2 50' PILATES		
	10:00H					4 50' CYCLING	
	10:30H	2 50' PILATES CLÍNICO	2 50' BUMBUM	2 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' PILATES	3 50' CHEMICAL
	11:00H						4 50' CYCLING
	11:15H					1 50' PILATES CLÍNICO	
TARDE ☀	12:45H	C 50' CROSS TRAINING	3 50' CHEMICAL	4 50' CYCLING	2 50' BODY PUMP	3 50' CHEMICAL	
	15:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
	17:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	4 50' CYCLING
	17:30H	2 50' LOCAL	2 50' BUMBUM	2 50' LOCAL	2 50' GAP	3 50' CHEMICAL	
	18:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
	18:15H	3 50' CHEMICAL	4 50' CYCLING	1 50' PILATES	4 50' CYCLING		
	18:30H	C 50' CROSS TRAINING	C 50' CROSS TRAINING	3 50' CHEMICAL	3 50' CHEMICAL	2 50' STEP	
		2 50' ZUMBA	2 50' BODY PUMP	2 50' ZUMBA	2 50' LOCAL	4 50' CYCLING	
	18:45H	4 50' RIDING		C 50' CROSS TRAINING	C 50' CROSS TRAINING	C 50' CROSS TRAINING	
	NOITE 🌙	19:00H			4 50' CYCLING		
C 15' SIX PACK			C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
19:10H						1 50' YOGA	
19:20H		1 50' PILATES	4 50' CYCLING		1 50' PILATES CLÍNICO		
19:30H		3 50' CHEMICAL	1 50' YOGA	3 50' CHEMICAL	4 50' CYCLING		
19:45H		4 50' CYCLING	C 50' CROSS TRAINING	2 50' HIIT		2 50' BODY PUMP	
		C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
20:00H			3 50' CHEMICAL		C 50' CROSS TRAINING		
	20:15H			2 50' BUMBUM			

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