PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 26 DE AGO.

		SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ	07:00H	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		1 50' PILATES CLÍNICO		1 50' PILATES			
	10:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	4 50' CYCLING	1 50' PILATES
	10:30H	1 50' PILATES CLÍNICO		1 50' PILATES CLÍNICO	3 50' CHEMICAL	1 50' PILATES	3 50' CHEMICAL	
	11:00H							4 50' CYCLING
	11:15H						1 50' PILATES CLÍNICO	
TARDE	12:45H	C 50' CROSS TRAINING	4 50' CYCLING	3 50' CHEMICAL	4 50' CYCLING	3 50' CHEMICAL		
	16:15H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
	17:15H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
	17:30H	2 50' LOCAL	2 50' BUMBUM	2 50' LOCAL	2 50' GAP	3 50' CHEMICAL		
	18:15H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
	18:30H	C 50' CROSS TRAINING	4 50' CYCLING		3 50' CHEMICAL	4 50' CYCLING		
		3 50' CHEMICAL	2 50' BODY PUMP	3 50' CHEMICAL	2 50' STEP	1 50' YOGA		
NOITE	18:45H	4 50' CYCLING		C 50' CROSS TRAINING		C 50' CROSS TRAINING		
	19:00H			4 50' CYCLING				
	19:15H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
		1 50' PILATES	C 50' CROSS TRAINING		1 50' PILATES CLÍNICO			
	19:30H	3 50' CHEMICAL	1 50' YOGA		4 50' CYCLING			
			4 50' CYCLING					
	19:45H			3 50' CHEMICAL				
	20:00H	4 50' CYCLING	3 50' CHEMICAL		C 50' CROSS TRAINING			
	20:15H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		

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