PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 29 DE OUT.

	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	
10:30H	1 50' PILATES CLÍNICO	2 50' LOCAL	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	2 50' GAP	C 50' CROSS TRAINING	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' STEP	2 50' BUMBUM	2 50' BODY PUMP	2 50' GAP	2 50' ZUMBA		
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	1 50' PILATES	3 50' CHEMICAL	4 50' CYCLING		
	3 50' CHEMICAL	2 50' BODY PUMP	3 50' CHEMICAL	2 50' STEP			
18:45H			C 50' CROSS TRAINING		C 50' CROSS TRAINING		
NOITE							
19:00H		3 50' CHEMICAL	4 50' CYCLING		1 50' YOGA		
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			1 50' PILATES CLÍNICO			
	4 50' CYCLING						
19:30H	3 50' CHEMICAL	1 50' YOGA		4 50' CYCLING			
		4 50' CYCLING					
20:00H				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		

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