

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H 1 SCHWINN 50'		6 CROSS TRAINING 60'	3 PILATES 50'			
	09:00H 6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'		
	09:15H	2 CHEMICAL 50'		1 SCHWINN 50'			
	10:00H				6 CROSS TRAINING 60'	3 BODY PUMP 50'	
	10:30H 3 PILATES 50'		3 JUMP 50'	2 CHEMICAL 50'	3 GAP 50'		
	11:00H					1 CYCLING 50'	1 SCHWINN 50'
	12:00H 6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	
	12:30H 2 CHEMICAL 50'	1 SCHWINN 50'	3 BODY PUMP 50'	3 BODY COMBAT 50'	3 PILATES CLÍNICO 50'		
	12:40H				6 BOXE 60'		
	TARDE ☀	16:00H 6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	
16:15H 3 PILATES 50'				3 GAP 50'			
17:00H 6 GET SIX PACK 15'		6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'		
17:30H 1 RIDING 50'			6 BOXE 60'		3 LOCAL 50'		
18:00H 6 GET SIX PACK 15'		6 GET SIX PACK 15'		6 GET SIX PACK 15'	6 GET SIX PACK 15'		
18:15H 2 CHEMICAL 50'		3 PILATES CLÍNICO 50'	2 CHEMICAL 50'		6 CROSS TRAINING 60'		
18:30H 3 BODY COMBAT 50'		2 CHEMICAL 50'	6 CROSS TRAINING 60'	1 RIDING 50'			
18:45H		1 SCHWINN 50'	3 LOCAL 50'	2 CHEMICAL 50'	3 BODY COMBAT 50'		
19:15H 1 SCHWINN 50'		3 ZUMBA 50'	1 RIDING 50'	3 JUMP 50'			
19:30H 3 BODY PUMP 50'			2 CHEMICAL 50'		2 CHEMICAL 50'		
NOITE 🌙	19:45H 2 CHEMICAL 50'	1 CYCLING 50'	3 BODY COMBAT 50'	1 CYCLING 50'			
	20:00H 6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'		
		2 CHEMICAL 50'		2 CHEMICAL 50'	1 RIDING 50'		
	20:15H 1 SCHWINN 50'	3 JUMP 50'	1 CYCLING 50'	3 BODY PUMP 50'			
	20:20H 6 BOXE 60'						
	21:00H	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'	6 GET SIX PACK 15'		