

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☽	07:15H	② 50' CHEMICAL	③ 50' PILATES CLÍNICO	④ 50' CROSS TRAINING	③ 50' LOCAL	② 50' CHEMICAL		
	09:00H	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK		
	09:15H							
	09:45H							
	10:00H	④ 15' GET SIX PACK	④ 15' GET SIX PACK	② 15' GET SIX PACK	② 15' GET SIX PACK	② 15' GET SIX PACK		
	10:30H	③ 50' LOCAL	② 50' CHEMICAL	① 50' SCHWINN	③ 50' PILATES	③ 50' GAP	② 50' CHEMICAL	① 50' SCHWINN
	11:00H							
	11:15H							
	12:00H	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK		
	12:45H	② 50' CHEMICAL	③ 50' BUMBUM	③ 50' LOCAL	③ 50' PILATES	① 50' SCHWINN		
15:00H								
TARDE ☀	16:00H	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK		
	16:30H							
	17:00H	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK	④ 15' GET SIX PACK		
	17:30H	① 50' SCHWINN	③ 50' STEP	③ 50' GAP	③ 50' BODY & MIND	③ 50' LOCAL		
	18:00H	② 15' GET SIX PACK	② 15' GET SIX PACK	② 15' GET SIX PACK	② 15' GET SIX PACK	② 15' GET SIX PACK		
	18:15H							
	18:30H	③ 50' JUMP	③ 50' PILATES	③ 50' COMBAT	① 50' SCHWINN	② 50' CHEMICAL		
	18:45H	② 50' CHEMICAL	① 50' SCHWINN	② 50' CHEMICAL	④ 50' CROSS TRAINING			
	19:00H		④ 15' GET SIX PACK	④ 15' GET SIX PACK	③ 15' GET SIX PACK	① 50' SCHWINN	④ 15' GET SIX PACK	
	19:15H	④ 50' CROSS TRAINING						
19:30H	③ 50' BODY PUMP	③ 50' ZUMBA	② 50' CHEMICAL	③ 50' LOCAL				
19:45H		④ 50' CROSS TRAINING	① 50' RIDING	② 50' CHEMICAL				
NOITE 🌙	20:00H	① 50' RIDING		④ 15' GET SIX PACK	① 50' RIDING	④ 15' GET SIX PACK		
		② 15' GET SIX PACK			④ 15' GET SIX PACK			
	20:15H							
	20:20H							
	20:30H	③ 50' PILATES		③ 50' YOGA				

① 1ST STAGE ② 2ND STAGE ③ 3RD STAGE ④ 4RD STAGE ⑤ CROSS STAGE ⑥ ARENA STAGE