

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☽	07:15H GAP 50'	3 50' PILATES	6 50' CROSS TRAINING	1 50' SCHWINN	2 50' CHEMICAL			
	09:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	09:15H 3 50' YOGA	2 50' CHEMICAL	3 50' BODY & MIND	3 50' LOCAL	3 50' STEP			
	10:00H					3 50' PILATES	3 50' BODY & MIND	
	10:30H 1 50' SCHWINN	3 50' BODY PUMP	3 50' GAP	2 50' CHEMICAL	3 50' PILATES CLÍNICO	2 50' CHEMICAL		
11:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	1 50' SCHWINN	1 50' RIDING	
12:00H					2 15' GET SIX PACK	C 15' GET SIX PACK		
TARDE ☀	12:45H C 50' CROSS TRAINING	3 50' LOCAL	1 50' SCHWINN	3 50' PILATES AVANÇADO	3 50' BODY PUMP			
	16:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	16:30H 3 50' PILATES	3 50' GAP	1 50' SCHWINN		3 50' LOCAL			
	16:45H			3 50' BODY PUMP				
	17:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	17:30H 1 50' SCHWINN	3 50' PILATES	3 50' STEP		3 50' SCHWINN			
	17:45H			3 50' YOGA				
	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		2 50' CHEMICAL	C 50' CROSS TRAINING				
	18:30H	3 50' YOURFIT JUMP	3 50' LOCAL		C 50' CROSS TRAINING	2 50' CHEMICAL		
			2 50' CHEMICAL		1 50' SCHWINN			
	18:45H 2 50' CHEMICAL	C 50' CROSS TRAINING	3 50' BODY PUMP	3 50' COMBAT				
	19:00H	C 50' CROSS TRAINING	1 50' SCHWINN		2 50' CHEMICAL	3 50' PILATES		
				2 50' CHEMICAL		C 50' CROSS TRAINING		
	19:30H 3 50' BODY PUMP	3 50' ZUMBA	2 50' CHEMICAL	1 50' SCHWINN				
19:45H 2 50' CHEMICAL			3 50' BODY & MIND	1 50' SCHWINN	3 50' BUMBUM			
20:00H	2 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	1 50' RIDING							
20:30H 3 50' PILATES								

☐ CROSS STAGE

☐ 3RD STAGE

☐ 2ND STAGE

☐ 1ST STAGE



GET EXCITED