

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☽	07:15H GAP 50'	PILATES 50'	CROSS TRAINING 50'	SCHWINN 50'	CHEMICAL 50'		
	09:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	09:15H YOGA 50'	CHEMICAL 50'	BODY & MIND 50'		STEP 50'		
	10:00H					PILATES 50'	BODY & MIND 50'
10:30H	SCHWINN 50'	BODY PUMP 50'	GAP 50'	CHEMICAL 50'	PILATES CLÍNICO 50'	CHEMICAL 50'	
11:00H	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	SCHWINN 50'	RIDING 50'
12:00H						GET SIX PACK 15'	GET SIX PACK 15'
TARDE ☀	12:45H CROSS TRAINING 50'	LOCAL 50'	SCHWINN 50'	PILATES AVANÇADO 50'	BODY PUMP 50'		
	16:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	16:30H PILATES 50'	GAP 50'	SCHWINN 50'		LOCAL 50'		
	16:45H			BODY PUMP 50'			
	17:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	17:30H SCHWINN 50'	PILATES 50'	GAP 50'		SCHWINN 50'		
	17:45H			YOGA 50'			
	18:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	18:15H			CHEMICAL 50'	CROSS TRAINING 50'		
	18:30H YOURFIT JUMP 50'	LOCAL 50'		SCHWINN 50'	CHEMICAL 50'		
	18:35H		CHEMICAL 50'		CHEMICAL 50'		
	18:45H CHEMICAL 50'			BODY PUMP 50'	BODY COMBAT 50'		
19:00H CROSS TRAINING 50'	SCHWINN 50'	GET SIX PACK 15'		CROSS TRAINING 50'	PILATES 50'	GET SIX PACK 15'	
19:20H		CROSS TRAINING 50'	CHEMICAL 50'		CROSS TRAINING 50'		
19:30H BODY PUMP 50'	ZUMBA 50'	SCHWINN 50'					
19:35H		CHEMICAL 50'		CHEMICAL 50'			
19:45H CHEMICAL 50'			BODY & MIND 50'	SCHWINN 50'	BUMBUM 50'		
20:00H GET SIX PACK 15'			GET SIX PACK 15'	GET SIX PACK 15'			
20:00H RIDING 50'							
20:30H PILATES 50'	YOGA 50'						

☽ 1ST STAGE ☀ 2ND STAGE ☽ 3RD STAGE ☽ CROSS STAGE

GET EXCITED  