

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☽	07:15H	1 50' RIDING	3 50' PILATES	4 50' CROSS TRAINING	2 50' CHEMICAL	3 50' GAP	
	09:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	
	09:15H						
	09:30H	3 50' YOGA	2 50' CHEMICAL	3 50' BODY & MIND	3 50' LOCAL	3 50' STEP	
	10:00H					3 50' PILATES	
TARDE ☀	10:30H	2 50' CHEMICAL	3 50' BODY PUMP	3 50' GAP	1 50' SCHWINN	3 50' PILATES CLÍNICO	2 50' CHEMICAL
	11:00H					1 50' SCHWINN	1 50' RIDING
	12:00H						
	12:45H	6 50' CROSS TRAINING	3 50' LOCAL	1 50' SCHWINN	3 50' PILATES AVANÇADO	2 50' CHEMICAL	
	15:00H					3 50' ZUMBA	
	16:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	
	16:30H	3 50' GAP	1 50' SCHWINN	3 50' BODY & MIND	3 50' BODY PUMP	3 50' LOCAL	
	17:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	
	17:30H	1 50' SCHWINN	3 50' PILATES	3 50' YOURFIT JUMP	3 50' YOGA	3 50' SCHWINN	
	17:45H						
	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			6 50' CROSS TRAINING			
	NOITE 🌙	18:30H	3 50' YOURFIT JUMP	2 50' CHEMICAL 3 50' LOCAL	3 50' BODY PUMP	3 50' BODY COMBAT 2 50' CHEMICAL	3 50' PILATES
18:35H							
18:45H		2 50' CHEMICAL	1 50' SCHWINN		1 50' SCHWINN	2 50' CHEMICAL	
19:00H		6 50' CROSS TRAINING	2 15' GET SIX PACK	1 50' SCHWINN 2 50' CHEMICAL	6 50' CROSS TRAINING	1 50' SCHWINN 2 15' GET SIX PACK	
19:20H							
19:30H		3 50' BODY PUMP	2 50' CHEMICAL 3 50' ZUMBA	3 50' PILATES	3 50' BUMBUM 2 50' CHEMICAL	6 50' CROSS TRAINING	
19:35H							
19:45H		2 50' CHEMICAL	6 50' CROSS TRAINING				
20:00H		6 15' GET SIX PACK	1 50' SCHWINN	6 15' GET SIX PACK	2 15' GET SIX PACK 1 50' SCHWINN		
20:30H		3 50' PILATES	3 50' YOGA	3 50' LOCAL			

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 CROSS STAGE

GET EXCITED  