

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

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



GET EXCITED