

	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									
	09:30H	3 50' YOGA		3 50' PILATES	3 50' LOCAL					
	09:45H	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				
	10:00H					3 50' PILATES				
TARDE ☀	10:30H	2 50' CHEMICAL	3 50' BODY PUMP		1 50' SCHWINN	3 50' PILATES CLÍNICO	2 50' CHEMICAL			
	10:45H					6 15' GET SIX PACK				
	11:00H					1 50' SCHWINN	1 50' RIDING			
	12:45H	4 50' CROSS TRAINING	3 50' LOCAL	1 50' SCHWINN	3 50' PILATES AVANÇADO	2 50' CHEMICAL				
	15:00H									
	16:00H									
	16:30H	3 50' GAP	1 50' SCHWINN	3 50' PILATES	3 50' BODY PUMP	3 50' BUMBUM				
	16:45H	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				
	17:00H									
	17:30H	1 50' SCHWINN	3 50' PILATES	3 50' GAP	3 50' YOGA	3 50' SCHWINN				
	17:45H	2 50' CHEMICAL	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK				
	18:00H									
NOITE 🌙	18:30H	1 50' SCHWINN	2 50' CHEMICAL	3 50' LOCAL	3 50' BODY PUMP	4 50' CROSS TRAINING	3 50' BUMBUM	2 50' CHEMICAL	3 50' PILATES	2 50' CHEMICAL
	18:45H	6 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	4 50' CROSS TRAINING		1 50' SCHWINN						
	19:15H						4 50' CROSS TRAINING			
	19:30H	3 50' BODY PUMP	2 50' CHEMICAL	3 50' ZUMBA		3 50' BODY PUMP				
	19:45H	2 50' CHEMICAL	4 50' CROSS TRAINING	1 50' SCHWINN	2 50' CHEMICAL	3 50' PILATES				
	20:00H	6 15' GET SIX PACK			6 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 4 CROSS STAGE