

	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		
	09:00H						
	09:30H	3 50' YOGA		3 50' PILATES		3 50' GAP	
	09:45H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 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					4 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	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
	17:00H						
	17:30H	1 50' SCHWINN	3 50' PILATES	3 50' BODY PUMP	3 50' YOGA	3 50' SCHWINN	
	17:45H	2 50' CHEMICAL	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
	18:00H						
NOITE 🌙	18:30H	1 50' SCHWINN	2 50' CHEMICAL	3 50' LOCAL	3 50' GAP	4 50' CROSS TRAINING	3 50' BUMBUM
	18:45H	4 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' GET PUMP	2 50' CHEMICAL	3 50' ZUMBA		3 50' GET PUMP	
	19:45H		4 50' CROSS TRAINING	1 50' SCHWINN	2 50' CHEMICAL	3 50' PILATES	
	20:00H	4 15' GET SIX PACK		4 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					

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