

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

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

GET EXCITED f