

	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		
TARDE ☀	10:30H	2 50' CHEMICAL	3 50' BODY PUMP	3 50' ZUMBA	1 50' SCHWINN	3 50' PILATES CLÍNICO	3 50' CHEMICAL	
	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		
	NOITE 🌙	17:30H	3 50' LOCAL	3 50' PILATES	3 50' BODY PUMP	3 50' YOGA	3 50' BODY PUMP	
		17:45H	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		
18:30H		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		
18:45H		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	4 50' CROSS TRAINING		
19:30H		3 50' BODY PUMP	3 50' ZUMBA	3 50' PILATES	3 50' BUMBUM			
19:30H		1 50' SCHWINN	4 50' CROSS TRAINING		2 50' CHEMICAL			
19:45H	2 50' CHEMICAL	2 50' CHEMICAL						
20:00H		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