

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☀	07:15H	③ 50' CROSS TRAINING	③ 50' PILATES	③ 50' CROSS TRAINING	② 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	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 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' YOGA	
	10:45H					③ 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	② 50' CHEMICAL		
	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	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK		
	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	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK	③ 15' GET SIX PACK		
	18:30H	③ 50' BUMBUM	③ 50' LOCAL	③ 50' GAP	③ 50' BODY PUMP	① 50' SCHWINN		
① 50' SCHWINN		② 50' CHEMICAL	③ 50' CROSS TRAINING	② 50' CHEMICAL	③ 50' PILATES			
18:45H	③ 15' GET SIX PACK	③ 15' GET SIX PACK		③ 15' GET SIX PACK	③ 15' GET SIX PACK			
19:15H	② 50' CHEMICAL	① 50' SCHWINN	② 50' CHEMICAL	① 50' SCHWINN				
	③ 50' CROSS TRAINING		① 50' SCHWINN	③ 50' CROSS TRAINING	③ 50' CROSS TRAINING			
19:30H	③ 50' BODY PUMP	③ 50' ZUMBA	③ 50' PILATES	③ 50' BUMBUM				
	① 50' SCHWINN	② 50' CHEMICAL		② 50' CHEMICAL				
19:45H	② 50' CHEMICAL	③ 50' CROSS TRAINING	② 50' CHEMICAL	① 50' SCHWINN				
20:00H								
20:15H	③ 15' GET SIX PACK		③ 15' GET SIX PACK		③ 15' GET SIX PACK			
20:30H	③ 50' PILATES	③ 50' YOGA						

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

GET EXCITED  