

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:00H	③ 50' CROSS TRAINING	③ 50' PILATES	③ 50' CROSS TRAINING	① 50' SCHWINN	③ 50' PILATES	
	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		
10:30H	② 50' CHEMICAL	③ 50' BODY PUMP	③ 50' LOCAL	① 50' SCHWINN	③ 50' PILATES CLÍNICO	② 50' CHEMICAL	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		
15:30H					① 50' SCHWINN		
16:00H							
16:30H	① 50' SCHWINN	③ 50' GAP	③ 50' PILATES	③ 50' BODY PUMP	③ 50' PILATES		
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		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	③ 15' GET SIX PACK		
	② 50' CHEMICAL	① 50' SCHWINN	② 50' CHEMICAL	① 50' SCHWINN			
19:15H	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		
	① 50' SCHWINN	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	③ 15' GET SIX PACK		
20:30H	③ 50' PILATES	③ 50' YOGA					

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

GET EXCITED  