

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

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