PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 01 DE OUT.

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

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