

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☽	07:15H	② 50' CHEMICAL	③ 50' PILATES CLÍNICO	④ 50' CROSS TRAINING	③ 50' PILATES	② 50' CHEMICAL	
	09:00H	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	
	09:15H	③ 50' BUMBUM		③ 50' BODY & MIND	③ 50' JUMP		
	09:45H					③ 50' YOGA	
	10:00H						③ 50' PILATES
	10:30H	③ 50' PILATES CLÍNICO	② 50' CHEMICAL	① 50' SCHWINN	② 50' CHEMICAL	③ 50' GAP	② 50' CHEMICAL
	11:00H						① 50' SCHWINN
	11:15H					① 50' RIDING	
	12:00H	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	④ 15' GET SIX PACK
	12:45H	② 50' CHEMICAL	③ 50' BODY & MIND	③ 50' LOCAL	③ 50' PILATES CLÍNICO	① 50' SCHWINN	
TARDE ☀	15:00H					③ 50' ZUMBA	
	16:00H	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	
	16:30H	③ 50' PILATES	③ 50' BODY PUMP	③ 50' BODY & MIND	③ 50' BUMBUM	① 50' SCHWINN	
	17:00H	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	
	17:30H	① 50' SCHWINN		④ 60' BOXE	③ 50' PILATES	② 50' BODY PUMP	
		④ 60' BOXE					
	18:00H		④ 15' GET SIX PACK			④ 15' GET SIX PACK	
	18:15H		③ 50' PILATES CLÍNICO	② 50' CHEMICAL	④ 50' CROSS TRAINING	② 50' CHEMICAL	
	18:30H	③ 50' JUMP	② 50' CHEMICAL	③ 50' COMBAT	① 50' SCHWINN	③ 50' GET ATTACK	
					③ 50' BODY PUMP		
	18:45H	② 50' CHEMICAL	① 50' SCHWINN				
	19:00H	④ 50' CROSS TRAINING	④ 15' GET SIX PACK	④ 15' GET SIX PACK	① 50' RIDING	② 50' CHEMICAL	① 50' SCHWINN
	19:15H		③ 50' ZUMBA	② 50' CHEMICAL		④ 50' CROSS TRAINING	
	19:30H	③ 50' BODY PUMP	② 50' CHEMICAL	④ 50' CROSS TRAINING	③ 50' BUMBUM	① 50' RIDING	
	19:45H	② 50' CHEMICAL	④ 50' CROSS TRAINING		③ 50' PILATES		
20:00H	④ 15' GET SIX PACK	① 50' RIDING		④ 15' GET SIX PACK			
20:15H							
20:20H							
20:30H	③ 50' PILATES		③ 50' YOGA				
21:00H	④ 15' GET SIX PACK	④ 15' GET SIX PACK		④ 15' GET SIX PACK	④ 15' GET SIX PACK		

NOITE 🌙

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