

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ	07:00H 1 50' BODY PUMP	2 50' CROSS TRAINING	1 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' CYCLING			
	08:30H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	09:00H 1 50' PILATES	3 50' CHEMICAL	1 50' BUMBUM	2 50' CYCLING	C 50' CROSS TRAINING			
	09:30H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	1 50' PILATES		
	10:00H					3 50' CHEMICAL	C 15' GET SIX PACK	
10:15H 1 50' LOCAL	1 50' PILATES	2 50' CYCLING	1 50' GAP	1 50' YOGA				
10:30H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	1 50' LOCAL	C 15' GET SIX PACK		
11:00H					2 50' CYCLING	C 15' GET SIX PACK		
TARDE	12:45H 3 50' CHEMICAL	2 50' CYCLING	C 50' CROSS TRAINING	1 50' PILATES CLÍNICO	1 50' BODY PUMP			
	15:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	16:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	16:30H 1 50' BUMBUM	1 50' PILATES	1 50' LOCAL	1 50' PILATES CLÍNICO	3 50' CHEMICAL			
	17:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	17:30H 1 50' YOGA	3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL	1 50' BUMBUM			
	18:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK		
	NOITE	18:15H 3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL	2 50' CYCLING			
		C 50' CROSS TRAINING	1 50' PILATES CLÍNICO					
		1 50' BODY PUMP	3 50' CHEMICAL	1 50' PILATES	3 50' CHEMICAL	1 50' ZUMBA		
2 50' CYCLING		C 50' CROSS TRAINING	C 50' CROSS TRAINING	1 50' JUMP	C 50' CROSS TRAINING			
19:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK				
19:15H 3 50' CHEMICAL	1 50' BODY PUMP	2 50' CYCLING	C 50' CROSS TRAINING	3 50' CHEMICAL				
19:30H 1 50' JUMP	2 50' RIDING	1 50' GAP	1 50' PILATES	2 50' CYCLING				
	C 50' CROSS TRAINING	3 50' CHEMICAL	C 50' CROSS TRAINING					
20:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK				
20:30H 1 50' PILATES	2 50' CYCLING	1 50' ZUMBA	1 50' YOGA	1 50' BODY PUMP	3 50' CHEMICAL			
	3 50' CHEMICAL	C 50' CROSS TRAINING	3 50' CHEMICAL	2 50' RIDING				

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



GET EXCITED