

	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	
	08:00H		2 15' GET SIX PACK	2 50' CYCLING	2 15' GET SIX PACK	2 15' GET SIX PACK	
	09:00H	1 50' PILATES	3 50' CHEMICAL	1 50' BUMBUM	2 50' CYCLING	2 50' CROSS TRAINING	
	09:15H						1 50' YOGA
	09:30H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	1 50' PILATES
	10:00H					1 50' LOCAL	2 15' GET SIX PACK
	10:15H	1 50' LOCAL	1 50' PILATES	2 50' CYCLING	1 50' GAP	1 50' YOGA	3 50' CHEMICAL
TARDE ☀	10:30H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 50' CYCLING
	11:00H					2 50' CYCLING	2 50' CROSS TRAINING
	11:30H						1 50' COMBAT
	12:00H					2 50' CYCLING	
	12:45H	3 50' CHEMICAL	2 50' CYCLING	2 50' CROSS TRAINING	1 50' PILATES CLÍNICO	1 50' BODY PUMP	
	15:00H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	
	16:00H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	
	16:30H	1 50' BUMBUM	1 50' PILATES	1 50' LOCAL	1 50' PILATES CLÍNICO	3 50' CHEMICAL	
	17:15H	2 15' GET SIX PACK		2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	
	17:30H	1 50' YOGA	3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL	1 50' BUMBUM	
NOITE 🌙	18:00H	2 15' GET SIX PACK	1 50' PILATES CLÍNICO	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK
	18:15H	3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL	2 50' CYCLING		
	18:30H	2 50' CYCLING	1 50' BODY PUMP	3 50' CHEMICAL	2 50' CROSS TRAINING	1 50' PILATES	1 50' JUMP
	18:45H			2 50' CROSS TRAINING			
	19:00H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	
	19:15H	3 50' CHEMICAL	1 50' BODY PUMP	2 50' CYCLING	2 50' CROSS TRAINING	3 50' CHEMICAL	
	19:30H	1 50' JUMP	2 50' RIDING	1 50' GAP	1 50' PILATES	1 50' BODY PUMP	
		2 50' CROSS TRAINING	3 50' CHEMICAL			2 50' CYCLING	
	20:00H	2 50' CYCLING	2 15' GET SIX PACK	2 15' GET SIX PACK	2 50' RIDING	2 15' GET SIX PACK	
	20:30H	1 50' PILATES	1 50' ZUMBA	1 50' YOGA	1 50' BODY PUMP		

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

GET EXCITED f