

GET EXCITED IN LEÇA DA PALMEIRA								
		SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	07:00H	① 50' BODY PUMP	© 50' Cross training	① 50' Pilates Clínico	③ 50'	② 50' Cycling		
MANHÃ	08:30H	<b>©</b> 15'	<b>©</b> 15'	C 15'	© 15'	© 15'		
Ž	09:00H	GET SIX PACK  [] 50'	GET SIX PACK  3 50'	GET SIX PACK  50'	GET SIX PACK  2 50'	GET SIX PACK  [] 50'	2 50'	
	U9:UUN	PILATES	CHEMICAL	BUMBUM	CYCLING	CROSS TRAINING	CYCLING	
	09:30H	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack		① 50' Yoga
	09:45H						① 50' PILATES	© 15' Get six pack
	10:15H	① 50°		2 50'			<b>©</b> 15'	OLI GIAT AGA
		LOCAL 15'	PILATES 15'	CYCLING	GAP 15'	YOGA 15'	GET SIX PACK	[2] 50°
*	10:30H	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	3 50'	CYCLING 50
	11:00H						© 50' Cross training	
	11:30H						② 50' Cycling	① 50' © 15' COMBAT PACK
TARDE		3 50'	2 50'	© 50'	① 50°	<b>1</b> 50'	OTOLINO	COMIDAT PACK
TA	12:45H	CHEMICAL	CYCLING	CROSS TRAINING	PILATES CLÍNICO	BODY PUMP		
	15:00H	© 15'	© 15'		© 15'	© 15'		
		GET SIX PACK  [] 15'	GET SIX PACK  (15'	GET SIX PACK  (15)	GET SIX PACK  [] 15'	GET SIX PACK  [] 15'		
	16:00H	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	16:30H	<b>1</b> 50'		<b>1</b> 50'		3 50'		
		GAP 15'	PILATES 15'	LOCAL 15'	PILATES CLÍNICO  15'	CHEMICAL 15'		
	17:00H	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	17:30H	① 50' ③ 50'	① 50' ③ 50'		① 50' ③ 50'	<b>1</b> 50'		
_			COMBAT CHEMICAL		CYCLING CHEMICAL	GAP 15'		
16	18:00H	© 15' GET SIX PACK			© 15' Get six pack	GET SIX PACK		
NOITE	18:15H	© 50° Cross training						
			© 50°	3 50'	<b>1</b> 50°	<b>1</b> 50°		
	18:30H	BODY PUMP	CROSS TRAINING	CHEMICAL	BODY PUMP	ZUMBA		
		② 50' CYCLING	① 50' BUMBUM	① 50' Pilates	② 50° Cycling	© 50' Cross training		
		GTGLING		© 50'	OTOLINO	GNUSS TRAINING		
	18:45H		CYCLING	CROSS TRAINING				
	19:00H					© 15'		
		GET SIX PACK  3 50'	GET SIX PACK	GET SIX PACK  2 50°	GET SIX PACK  50'	GET SIX PACK  3 50'		
	19:15H	CHEMICAL		CYCLING	CROSS TRAINING	CHEMICAL		
	19:30H			_		<b>1</b> 50'		
		CYCLING	BODY PUMP	GAP 50'	PILATES 50'	BODY PUMP		
		① 50' LOCAL	③ 50° CHEMICAL	③ 50' Chemical	③ 50' Chemical	2 50' Riding		
	19:45H	© 50°			2 50'			
	19,4911	CROSS TRAINING		CROSS TRAINING	RIDING			
	20:00H	© 15' Get six pack	2 50' C 15' CYCLING GET SIX PACK	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack		
	20:30H	1 50' 2 50'	① 50° ③ 50°	<b>1</b> 50'	<b>1</b> 50°			
		PILATES RIDING	FIT DANCE CHEMICAL	YOGA	BODY PUMP			



