

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

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



GET EXCITED