

	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		
	08:50H					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		
	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		
	10:15H	1 50' LOCAL	1 50' PILATES	2 50' CYCLING	1 50' GAP	1 50' YOGA		
	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	
TARDE ☀	11:00H					2 50' CROSS TRAINING		
	11:30H					2 50' CYCLING	1 50' COMBAT	
	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	1 50' COMBAT	3 50' CHEMICAL	1 50' BUMBUM	3 50' CHEMICAL	
NOITE 🌙	17:45H			2 50' CYCLING				
	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	1 50' BUMBUM	1 50' PILATES CLÍNICO	3 50' CHEMICAL	1 50' BODY PUMP	1 50' ZUMBA
		2 50' CYCLING	2 50' CYCLING	3 50' CHEMICAL	2 50' CROSS TRAINING	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' RIDING	2 50' CROSS TRAINING	3 50' CHEMICAL	
	19:30H	2 50' CROSS TRAINING	2 50' CYCLING	1 50' BODY PUMP	1 50' GAP	2 50' CROSS TRAINING	1 50' PILATES	1 50' BODY PUMP
		1 50' LOCAL	3 50' CHEMICAL	3 50' CHEMICAL	3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL	2 50' CYCLING
	19:45H		2 50' RIDING					
	20:00H	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		
	20:30H	1 50' PILATES CLÍNICO	1 50' FIT DANCE	1 50' YOGA	1 50' BODY PUMP			

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