

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

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