

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

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