PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 01 DE AGO.

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

	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		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		
11:15H						2 50' CYCLING	2 50' CYCLING
TARDE 12:45H	3 50' CHEMICAL	2 50' CYCLING	1 50' JUMP	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							
17:00H	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' PILATES		
18:00H	C 15' SIX PACK 1 50' BUMBUM	C 15' SIX PACK 2 50' CYCLING	C 15' SIX PACK 1 50' PILATES CLÍNICO	C 15' SIX PACK 2 50' CYCLING	C 15' SIX PACK		
NOITE 18:30H	2 50' CYCLING C 50' CROSS TRAINING	3 50' CHEMICAL 1 50' STEP	2 50' CYCLING C 50' CROSS TRAINING	1 50' LOCAL	1 50' ZUMBA		
19:00H	C 15' SIX PACK 1 50' BODY PUMP 3 50' CHEMICAL	C 15' SIX PACK 2 50' CYCLING C 50' CROSS TRAINING	C 15' SIX PACK 1 50' BODY PUMP 3 50' CHEMICAL	C 15' SIX PACK 2 50' CYCLING C 50' CROSS TRAINING	C 15' SIX PACK 3 50' CHEMICAL		
19:30H				1 50' PILATES	2 50' CYCLING		
19:40H		1 50' BODY PUMP					
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				