PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 03 DE SET.

	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' YOGA		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	1 50' JUMP	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			
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	1 50' PILATES	3 50' CHEMICAL	1 50' STEP 3 50' CHEMICAL	1 50' PILATES		
NOITE							
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	C 15' SIX PACK		
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 2 50' CYCLING		
19:00H	C 15' SIX PACK 1 50' LOCAL 3 50' CHEMICAL	C 15' SIX PACK 2 50' CYCLING C 50' CROSS TRAINING	C 15' SIX PACK 1 50' LOCAL 3 50' CHEMICAL	C 15' SIX PACK C 50' CROSS TRAINING	C 15' SIX PACK 3 50' CHEMICAL		
19:30H				1 50' PILATES 2 50' CYCLING	2 50' CYCLING 1 50' BODY PUMP		
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				

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