PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 19 DE OUT.

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ							
07:00H	1 BODY PUMP 50’	1 PILATES CLÍNICO 50’	3 CHEMICAL 50’	C CROSS TRAINING 50’	2 CYCLING 50’		
08:30H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
09:00H	1 STEP 50’	3 CHEMICAL 50’	1 PILATES 50’	2 CYCLING 50’	1 BUMBUM 50’	2 CYCLING 50’	
09:15H						C CROSS TRAINING 50’	1 YOGA 50’
09:30H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
10:00H						1 PILATES 50’	
10:15H	1 LOCAL 50’	1 PILATES 50’	2 CYCLING 50’	3 CHEMICAL 50’	1 YOGA 50’		1 ZUMBA 50’
10:30H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
11:15H						2 CYCLING 50’	2 CYCLING 50’
TARDE							
12:45H	1 JUMP 50’	2 CYCLING 50’	3 CHEMICAL 50’	1 PILATES CLÍNICO 50’	2 CYCLING 50’		
15:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
16:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
16:30H	1 PILATES 50’			1 PILATES 50’			
17:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
17:30H	3 CHEMICAL 50’	1 PILATES 50’	3 CHEMICAL 50’	1 STEP 50’ 3 CHEMICAL 50’	1 PILATES 50’		
NOITE							
18:00H	C SIX PACK 15’ 1 BUMBUM 50’	C SIX PACK 15’ 2 CYCLING 50’	C SIX PACK 15’ 1 PILATES CLÍNICO 50’	C SIX PACK 15’	C SIX PACK 15’		
18:30H	2 CYCLING 50’ C CROSS TRAINING 50’	3 CHEMICAL 50’ 1 STEP 50’	2 CYCLING 50’ C CROSS TRAINING 50’	1 LOCAL 50’	1 ZUMBA 50’ 2 CYCLING 50’		
19:00H	C SIX PACK 15’ 1 LOCAL 50’ 3 CHEMICAL 50’	C SIX PACK 15’ 2 CYCLING 50’ C CROSS TRAINING 50’	C SIX PACK 15’ 1 BODY PUMP 50’ 3 CHEMICAL 50’	C SIX PACK 15’ C CROSS TRAINING 50’	C SIX PACK 15’ 3 CHEMICAL 50’		
19:30H				1 PILATES 50’ 2 CYCLING 50’	2 CYCLING 50’ 1 BODY PUMP 50’		
19:40H		1 BODY PUMP 50’					
20:00H	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’	C SIX PACK 15’		
20:15H	1 PILATES CLÍNICO 50’		1 PILATES CLÍNICO 50’				

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