PHYSICAL®

MAPA DE AULAS

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

3 3RD STAGE C CROSS STAGE

2 2ND STAGE 1 1ST STAGE