

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☀	07:00H	2 50' CYCLING	1 50' CHEMICAL	3 50' BODY PUMP	0 50' CROSS TRAINING	2 50' CYCLING		
	08:00H	3 50' PILATES			2 50' YOGA			
	08:30H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK		
	09:00H	3 50' BUMBUM	3 50' PILATES CLÍNICO	2 50' CYCLING	3 50' GAP	3 50' PILATES		
	09:30H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	1 50' CHEMICAL	2 50' CYCLING
							3 50' YOGA	
	10:15H	3 50' YOGA	2 50' CYCLING	3 50' LOCAL	3 50' PILATES	1 50' CHEMICAL		
	10:30H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	2 50' CYCLING	
							3 50' ZUMBA	
	11:00H						1 50' CHEMICAL	3 50' PILATES
11:30H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK			
TARDE ☀	12:45H	2 50' CYCLING	1 50' CHEMICAL	3 50' PILATES CLÍNICO	2 50' CYCLING	3 50' BODY PUMP		
	15:00H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK		
	16:00H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK		
	16:30H	3 50' GAP	3 50' YOGA	2 50' CYCLING	3 50' PILATES CLÍNICO	2 50' CYCLING		
	17:00H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK		
	17:30H	3 50' PILATES CLÍNICO	3 50' BODY PUMP	3 50' BUMBUM	2 50' CYCLING	3 50' PILATES		
	18:00H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK		
	18:15H	2 50' CYCLING		2 50' CYCLING		1 50' CHEMICAL		
	18:30H	3 50' BODY PUMP	3 50' LOCAL	3 50' PILATES	3 50' ZUMBA	3 50' BUMBUM		
		1 50' CHEMICAL	0 50' CROSS TRAINING	1 50' CHEMICAL	0 50' CROSS TRAINING			
19:00H	0 50' CROSS TRAINING	2 50' CYCLING	0 50' CROSS TRAINING	1 50' CHEMICAL				
19:15H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK			
19:30H	3 50' BUMBUM	3 50' PILATES	3 50' BODY PUMP	3 50' YOGA	3 50' LOCAL			
19:45H	2 50' CYCLING	1 50' CHEMICAL						
20:00H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK			
	1 50' CHEMICAL	2 50' CYCLING	2 50' CYCLING	1 50' CHEMICAL				
20:30H	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK	0 15' SIX PACK			
	3 50' PILATES CLÍNICO	3 50' ZUMBA						

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