PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 01 DE SET.

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

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