

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☽	07:15H CROSS TRAINING 50'	BODY PUMP 50'	CHEMICAL 50'	CYCLING 50'	PILATES CLÍNICO 50'			
	08:30H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'			
	09:00H CHEMICAL 50'	PILATES CLÍNICO 50'	RIDING 50'					
	09:30H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'			
	09:40H					YOGA 50'		
	10:00H LOCAL 50'	CROSS TRAINING 50'	GAP 50'	PILATES CLÍNICO 50'	CROSS TRAINING 50'	CROSS TRAINING 50'	PILATES CLÍNICO 50'	
	10:30H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	CYCLING 50'		
	11:00H					CHEMICAL 50'	RIDING 50'	
	11:30H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'			
	TARDE ☀	12:40H CYCLING 50'	PILATES CLÍNICO 50'	CHEMICAL 50'	CYCLING 50'	CHEMICAL 50'		
15:30H GET SIX PACK 15'		GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'			
16:30H GET SIX PACK 15'		GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'			
17:15H BUMBUM 50'				PILATES CLÍNICO 50'				
17:30H GET SIX PACK 15'		CHEMICAL 50'	GET SIX PACK 15'	GAP 50'	GET SIX PACK 15'	GET SIX PACK 15'	CHEMICAL 50'	
18:15H JUMP 50'		PILATES CLÍNICO 50'			BODY PUMP 50'			
NOITE 🌙		18:30H RIDING 50'	CYCLING 50'	RIDING 50'	LOCAL 50'	CYCLING 50'	CHEMICAL 50'	LOCAL 50'
		GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	
		18:45H CHEMICAL 50'	CROSS TRAINING 50'	CHEMICAL 50'	CROSS TRAINING 50'			
		19:15H BODY PUMP 50'	BUMBUM 50'		JUMP 50'	CROSS TRAINING 50'	CYCLING 50'	
	19:30H CROSS TRAINING 50'	CHEMICAL 50'	PILATES CLÍNICOS 50'	CYCLING 50'	CHEMICAL 50'	PILATES CLÍNICO 50'		
	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	19:45H	RIDING 50'	CROSS TRAINING 50'	KICKBOXING 50'	CHEMICAL 50'			
		KICKBOXING 50'		RIDING 50'				
	20:00H CYCLING 50'							
	20:15H GET SIX PACK 15'	PILATES CLÍNICOS 50'	GET SIX PACK 15'	LOCAL 50'	GET SIX PACK 15'	CHEMICAL 50'	YOGA 50'	GET SIX PACK 15'
20:30H CHEMICAL 50'								

GET EXCITED    1ST STAGE  2ND STAGE  3RD STAGE  4RD STAGE  ARENA STAGE  ZONA DE FUNCIONAL