

MANHÃ ☀

TARDE ☀

NOITE 🌙

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
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		RIDING 50'		CHEMICAL 50'			
09:30H	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	YOGA 50'	
10:00H	CHEMICAL 50'	PILATES CLÍNICO 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							
11:30H						CHEMICAL 50'	RIDING 50'
12:40H	CYCLING 50'	CROSS TRAINING 50'	CYCLING 50'	CHEMICAL 50'	BUMBUM 50'		
15:00H	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
17:00H	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
17:15H							
17:30H	BUMBUM 50'	CHEMICAL 50'	GAP 50'	PILATES CLÍNICO 50'	CHEMICAL 50'		
18:15H	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
18:30H	HIIT 50'   CHEMICAL 50'	PILATES CLÍNICO 50'   CYCLING 50'	BODY PUMP 50'   CHEMICAL 50'	RITMOS 50'   CYCLING 50'	LOCAL 50'		
18:45H	CYCLING 50'	CROSS TRAINING 50'	CYCLING 50'	CROSS TRAINING 50'	CYCLING 50'		
19:00H							
19:15H	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
19:30H	CROSS TRAINING 50'	BUMBUM 50'	PILATES CLÍNICO 50'	JUMP 50'	CROSS TRAINING 50'		
	BODY PUMP 50'		CROSS TRAINING 50'	CHEMICAL 50'			
19:45H	CYCLING 50'	CHEMICAL 50'   KICK BOXING 50'	CYCLING 50'	RIDING 50'   KICK BOXING 50'	CHEMICAL 50'		
20:00H	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
20:15H							
20:30H	PILATES CLÍNICO 50'	RITMOS 50'	CHEMICAL 50'	YOGA 50'			
20:35H							

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