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TED IN PA	ÇOS DE FERR	REIRA													
4		SEGUNDA-FEIRA		TERÇA	-FEIRA	QUAR	TA-FEIRA	QUINT	A-FEIRA	SEXTA-FEIRA		SÁBADO		DOMINGO	
		C	50'	1	50'	2	50'	3	50'	1	50'				
Û)7:15H	CROSS TRAINING		BODY PUMP		CHEMICAL		CYCLING		PILATES CLÍNICO					
		F	15"	E	15'	E	15'	E	15'	E	15'				
0	18:30H	GET SIX PACK		GET SIX PAC	K	GET SIX PA	CK	GET SIX PAC	CK C	GET SIX PACK					
				3	50'			2	50'						
0	19:00H			RIDING				CHEMICAL							
		E	15'	Ē	15'	E	15'	<u> </u>	15'	E	15'	1	50'		
0	19:30H	GET SIX PACK		GET SIX PAC	K	GET SIX PAI	CK	GET SIX PAC	CK	GET SIX PACK		YOGA			
		2	50'	1	50'	1	50'	1		©	50'	C	50'	1	50'
	10:00H	CHEMICAL		PILATES CLÍN	NICO	GAP		PILATES CLÍ		CROSS TRAINING		CROSS TRAINING		PILATES CLÍNICO	
		E	15'	Ē	15'	<u> </u>	15'	<u> </u>	15'	Ē	15'	3	50'		
	10:30H	GET SIX PACK		GET SIX PAC	K	GET SIX PAI	CK	GET SIX PAC	CK C	GET SIX PACK		CYCLING			
	1:00H														
												2	50'	3	50'
	1:30H											CHEMICAL		RIDING	
		3	50'	C	50'	3	50'	2	50'	1	50'				
	12:40H	CYCLING		CROSS TRAIN	NING	CYCLING		CHEMICAL		BUMBUM					
		<u> </u>	15'	Ē	15'	Ē.	15'	Ē.	15'		15'				
	15:00H	GET SIX PACK		GET SIX PAC	K	GET SIX PAI		GET SIX PAC	CK C	GET SIX PACK					
		<u> </u>	15'	Ē	15'	Ē	15'	<u> </u>	15'	Ē	15'				
	17:00H	GET SIX PACK		GET SIX PAC	K	GET SIX PAI	CK	GET SIX PAC	K .	GET SIX PACK					
	17:15H														
		1	50'	2	50'	1	50'	1	50'	2	50'				
	17:30H	BUMBUM		CHEMICAL		GAP		PILATES CLÍNICO		CHEMICAL					
		E	15'	E	15'	<u> </u>	15'	Ē.	15'	E	15'				
	18:15H	GET SIX PACK		GET SIX PAC	K	GET SIX PA	CK	GET SIX PAC	K	GET SIX PACK					
		① 50° ②	50'	① 50°	3 50'	① 50°	2 50'	① 50°	3 50'	0	50'				
l	18:30H	HIIT CHEMI	CAL	PILATES CLÍNICO	CYCLING	BODY PUMP	CHEMICAL	RITMOS	CYCLING	LOCAL					
		3	50'	C	50'	3	50'	C	50'	3	50'				
	18:45H	CYCLING		CROSS TRAIN		CYCLING		CROSS TRAI		CYCLING					
	19:00H														
	19:00H														
	10.4511	E	15'	E	15'	E	15'	E	15'	E	15'				
	19:15H	GET SIX PACK		GET SIX PAC	K	GET SIX PA	CK	GET SIX PAC	K	GET SIX PACK					
		0	50'	1	50'	1	50'	1	50'	C	50'				
	19:30H	CROSS TRAINING		BUMBUM		PILATES CL	ÍNICO	JUMP		CROSS TRAINING					
	13.3011	1	50'			C	50'	2	50'						
		BODY PUMP				CROSS TRA	INING	CHEMICAL							
	19:45H	3	50'	2 50' Chemical	C 50,	3	50'	3 50'	C 50,	2	50'				
	15.45П	CYCLING		CHEMICAL	BOXING	CYCLING		RIDING	KICK Boxing	CHEMICAL					
,	20:00H	E	15'	E	15'	E	15'	E	15'	E					
ĺ	o.oun	GET SIX PACK		GET SIX PAC	K	GET SIX PA	CK	GET SIX PAC	CK	GET SIX PACK					
,	20:15H														
ĺ															
9	20:30H	0	50'	1	50'	2	50'		50'						
		PILATES CLÍNICO		RITMOS		CHEMICAL		YOGA							
9	20:35H														
ľ	CACUII														



① 1ST STAGE ② 2ND STAGE

3 3RD STAGE 4 4RD STAGE C CROSS STAGE A ARENA STAGE E ZONA DE FUNCIONAL

