

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 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 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'				
19:30H	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									

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