

	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	RIDING 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					CHEMICAL 50'	RIDING 50'	
11:30H							
12:40H CYCLING 50'	CROSS TRAINING 50'	CYCLING 50'	CHEMICAL 50'	BUMBUM 50'			
TARDE ☀	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'	CYCLING 50'			
NOITE 🌙	18:45H CYCLING 50'	CROSS TRAINING 50'	CYCLING 50'	CROSS TRAINING 50'	CROSS TRAINING 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'			
	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							