

	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'			
	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'	PILATES CLÍNICO 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'	GAP 50' CYCLING 50'		
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'		
NOITE 🌙		19:30H CROSS TRAINING 50'	BUMBUM 50'	PILATES CLÍNICO 50'	JUMP 50'	CHEMICAL 50'	
	BODY PUMP 50'	CHEMICAL 50'	CROSS TRAINING 50'	CHEMICAL 50'			
	19:45H RIDING 50' CHEMICAL 50'	KICK BOXING 50' CYCLING 50'	CYCLING 50'	RIDING 50' KICK BOXING 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							