

	4	SEGUNDA-FEIRA		TERÇA-FEIRA		QUARTA-FEIRA		QUINTA-FEIRA		SEXTA-FEIRA		SÁBADO		DOMINGO	
Š	07:15H	©				2	50'	3							
MANHÃ 🜣		CROSS TRAIN		BODY PUMP		CHEMICAL	15'	CYCLING		PILATES (					
MAN	08:30H	GET SIX PACI		GET SIX PAG		GET SIX PAC		GET SIX PA	CK	GET SIX F					
	09:00H							② Chemical	50'						
	09:30H	<b>E</b>	15'	E	15'	<b>E</b>	15'	E		Ē	15'	1	50'		
	03.3011	GET SIX PACI		GET SIX PAC		GET SIX PAC		GET SIX PA		GET SIX F		YOGA	FOL		501
	10:00H	② CHEMICAL	50'	① PILATES	50'	① Gap	50'	① PILATES CL		© Cross te		C CROSS TRAINING		① PILATES CLÍNICO	50'
	10-2011	(F)	15'	E .	15'	Ē.	15'	E		E E		3	50'	TIENTEO CENTIOC	
	10:30H	GET SIX PACI		GET SIX PAG		GET SIX PAC	K	GET SIX PA		GET SIX F		CYCLING			
	11:00H											2 CHEMICAL	50'	3 RIDING	50'
												CHEMICAL		HIDINO	
	11:30H														
	12:40H	③ Cycling	50'	C Cross trai		① Pilates Clí		2 Chemical	50'	① Bumbum	50'				
		F	15'	F F		FILATES CLI		F.	15'	E BOWIDOW					
<u>⊹</u> 	15:00H	GET SIX PACI	K	GET SIX PAC	K	GET SIX PAC	K .	GET SIX PA	CK	GET SIX P	ACK				
TARDE	17:00H	E OFT CIV DAG		© Get six pac		E CET CIV DAG		E CET CIV DA		© GET SIX P					
_		GET SIX PACI	K	GET SIX PAU	K	GET SIX PAC	K	GET SIX PA	JK .	GET SIX F	ACK				
	17:15H														
	17:30H	① Localizada		2 CHEMICAL	50'	① Gap	50'	① Pilates	50'	2 CHEMICA	50'				
		E COCALIZADA		(F)	15'	(F)	15'	F	15'	F	L 15'				
	18:15H	GET SIX PACI	K	GET SIX PAC	K	GET SIX PAC	:K	GET SIX PA	CK	GET SIX F					
	18:30H	① 50' HIIT	② 50' Chemical	1 50' Pilates Clínico	3 50,	1 50' BODY PUMP	2 50' Chemical	① 50°	CYCLING	① E	CYCLING CYCLING				
	10.4511	3	50'			3		©		C	50°				
ب <b>ب</b>	18:45H	CYCLING		CROSS TRAI	NING	CYCLING		CROSS TRA	INING	CROSS TF	RAINING				
NOITE 🗇	19:00H														
	19:15H	<b>E</b>	15'	E	15'	<b>E</b>	15'	Ē	15'	Ē	15'				
	19.100	GET SIX PACI		GET SIX PAC		GET SIX PAC		GET SIX PA		GET SIX F					
		© Cross train		① Bumbum	50.	① Pilates Clí		① Jump	50'	2 CHEMICA	50' I				
	19:30H	1		2	50'	C		2	50'						
		BODY PUMP		CHEMICAL	- FO	CROSS TRAI		CHEMICAL							
	19:45H	3 50'	(2) 50 CHEMICAL	C 50' KICK BOXING	CACI INU [3] 20	3 Cycling	50'	3 50 RIDING	C 50' KICK BOXING						
	20:00H		15'			E .			15°	Ē	15'				
	20.000	GET SIX PACI	K	GET SIX PAG	K	GET SIX PAC	K	GET SIX PA	CK	GET SIX P	ACK				
	20:15H														
	20:30H	O		1	50'	2	50'	1	50'						
		PILATES CLÍN	VICO	RITMOS		CHEMICAL		YOGA							
	20:35H														