

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