

	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					CROSS TRAINING 50'	PILATES CLÍNICO 50'
	10:15H		CYCLING 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'
TARDE ☀	12:40H	CYCLING 50'	CROSS TRAINING 50'	PILATES CLÍNICO 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	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'	LOCAL 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'	CHEMICAL 50'	CHEMICAL 50'	
		BODY PUMP 50'	CHEMICAL 50'	CROSS TRAINING 50'			
	19:45H	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'		CHEMICAL 50'	YOGA 50'		
20:35H							