

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO					
MANHÃ ☽	07:00H	C 50' CROSS TRAINING	T 50' BODY PUMP	2 50' CHEMICAL	3 50' CYCLING	T 50' PILATES CLÍNICO						
	08:30H	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK						
	09:00H	2 50' CHEMICAL		T 50' GAP		C 50' CROSS TRAINING						
	09:30H	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	T 50' YOGA					
	10:00H					C 50' CROSS TRAINING	T 50' PILATES CLÍNICO					
	10:15H		T 50' PILATES CLÍNICO		T 50' PILATES CLÍNICO							
	10:30H	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	3 50' CYCLING					
	11:00H					2 50' CHEMICAL	3 50' RIDING					
	12:40H	3 50' CYCLING	C 50' CROSS TRAINING	T 50' HIIT	2 50' CHEMICAL	T 50' BUMBUM						
	TARDE ☀	15:00H	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK					
17:00H		F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK						
17:15H												
17:30H		T 50' LOCAL	2 50' CHEMICAL	T 50' GAP	T 50' PILATES	2 50' CHEMICAL						
18:15H		F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK						
18:30H		T 50' HIIT	2 50' CHEMICAL	T 50' PILATES CLÍNICO	3 50' CYCLING	T 50' BODY PUMP	2 50' CHEMICAL	T 50' LOCAL	3 50' CYCLING	T 50' GAP	3 50' CYCLING	
18:45H		3 50' CYCLING	C 50' CROSS TRAINING	3 50' CYCLING	C 50' CROSS TRAINING	C 50' CROSS TRAINING						
19:00H												
19:15H		F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK						
NOITE 🌙		19:30H	C 50' CROSS TRAINING	T 50' BUMBUM	T 50' PILATES CLÍNICO	2 50' CHEMICAL	2 50' CHEMICAL					
		T 50' BODY PUMP	2 50' CHEMICAL	C 50' CROSS TRAINING	T 50' RITMOS							
	19:45H	2 50' CHEMICAL	C 50' KICK BOXING	3 50' CYCLING	3 50' RIDING	C 50' KICK BOXING						
	20:00H	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK	F 15' GET SIX PACK						
	20:15H											
	20:30H	T 50' PILATES CLÍNICO	T 50' RITMOS	2 50' CHEMICAL	T 50' YOGA	C 50' KICK BOXING						

GET EXCITED   ZONA DE FUNCIONAL  ARENA STAGE  CROSS STAGE  4RD STAGE  3RD STAGE  2ND STAGE  1ST STAGE 