

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

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