

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

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