PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 02 DE JAN.

		SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ	07:00H	C 50' CROSS TRAINING	1 50' BODY PUMP	2 50' CHEMICAL	3 50' CYCLING	1 50' PILATES CLÍNICO		
	08:15H	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK		
	09:00H						C 50' CROSS TRAINING	
							1 50' YOGA	
	09:30H	2 50' CHEMICAL	1 50' PILATES CLÍNICO	3 50' CYCLING	1 50' PILATES CLÍNICO	2 50' CHEMICAL		
		F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK		
	10:00H							1 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	3 50' CYCLING	
	11:00H						2 50' CHEMICAL	3 50' CYCLING
TARDE	12:40H	3 50' CYCLING	1 50' HIIT	2 50' CHEMICAL	3 50' CYCLING	C 50' CROSS TRAINING		
	15:30H	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK		
	17:15H	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK		
	17:30H	1 50' PILATES CLÍNICO	2 50' CHEMICAL	3 50' CYCLING		2 50' CHEMICAL		
	18:15H	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK		
	18:30H	1 50' BODY PUMP	1 50' PILATES CLÍNICO	1 50' BODY PUMP	3 50' CYCLING	1 50' PILATES CLÍNICO		
		3 50' CYCLING	3 50' CYCLING	2 50' CHEMICAL	1 50' GAP	3 50' CYCLING		
	18:45H	2 50' CHEMICAL	C 50' CROSS TRAINING	3 50' CYCLING	C 50' CROSS TRAINING	2 50' CHEMICAL		
NOITE	19:15H	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK	F 15' SIX PACK		
	19:30H	3 50' CYCLING	1 50' GAP	1 50' PILATES CLÍNICO	2 50' CHEMICAL			
		C 50' CROSS TRAINING		C 50' CROSS TRAINING				
	19:45H		C 50' KICK BOXING		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		
	20:30H	1 50' PILATES CLÍNICO			1 50' YOGA			

F ZONA DE FUNCIONAL
A ARENA STAGE
C CROSS STAGE
1 1ST STAGE
2 2ND STAGE
3 3RD STAGE
4 4RD