PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 01 DE SET.

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ 07:00H	C 50' CROSS TRAINING	1 50' LOCAL	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						3 50' CYCLING	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		
11:00H						2 50' CHEMICAL	3 50' CYCLING
TARDE 12:40H	3 50' CYCLING	1 50' HIIT	2 50' CHEMICAL	2 50' CHEMICAL	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		
	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' PILATES CLÍNICO	2 50' CHEMICAL			
	C 50' CROSS TRAINING		C 50' CROSS TRAINING				
19:45H							
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					

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