!		SEGUNDA-FEIRA		TERÇA-FEIR	A	QUARTA-FEIRA	١	QUINTA-	FEIRA	SEXTA-FEIRA		SÁBADO		DOMINGO	
TARDE * MANHĀĶ-	07:15H		50'	1	50'	2	50'	3		1	50'				
		CROSS TRAINING		BODY PUMP		CHEMICAL		CYCLING		PILATES CLÍNICO					
	08:30H	E CET CIV DACK	15'	E CET CIV DACK	15'	()	15'	E CIV DACK							
		GET SIX PACK	50'	GET SIX PACK		GET SIX PACK	50'	GET SIX PACK		GET SIX PACK	50'				
	09:00H	CHEMICAL				RIDING	00			CROSS TRAINING					
	09:30H	Ē	15'	E	15'	Ē	15'	E	15'		15'				
		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PAC	(GET SIX PACK					
	10:00H	0	50'	2	50'	1	50'	0	50'	O	50'	2	50'	回	50'
		BODY PUMP		CHEMICAL		GAP		PILATES		JUMP		CHEMICAL		PILATES CLÍNICO	
	10:30H			E	15'	(15'	E				1	50'		
		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK		LOCAL	E0'	a	501
	11:00H											③ Cycling	50	③ RIDING	50'
	12:45H	3	50'	1	50'	0	50'	3	50'	1	50'	GTGLING		NIDINO	
		CYCLING		PILATES CLÍNICO		HIIT		CYCLING	00	BUMBUM	•••				
	15:00H	Ē	15'	E	15'	Ē	15'	E	15'	Ē	15'	0	50'		
		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK		RITMOS			
	17:00H	E	15'	E	15'	E	15'	E	15'	Ē	15'				
		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK					
	17:15H			1	50'			0	50'						
		a	EO'	HIIT		a	E0'	PILATES CLÍN	ICO 50'	a	E0'				
	17:30H	① JUMP	50'			① Local	90	2 Chemical	50	STEP	50'				
		E	15'	2 50' F	15'	Ē.	15'	F	15'		15'				
NOITE (~)	18:00H	GET SIX PACK		CHEMICAL GE	T SIX CK	GET SIX PACK		GET SIX PACE		GET SIX PACK					
	18:15H	3	50'	1	50'	C	50'	1	50'		50'				
		CYCLING		PILATES CLÍNICO		CROSS TRAINING		BODY PUMP		CHEMICAL					
	18:30H	2 50' []	50'	_	50'	3 50 1	50'	C	50'		50'				
		CHEMICAL BUMBI		CYCLING		RIDING JUMP		CROSS TRAIN		BODY ATTACK					
			50'			2 CHEMICAL	50'	③ Cycling	50'	③ Cycling	50'				
		CROSS TRAINING	15'	© 50' F	15'	CHEMICAL	15'	F	15'	E E	15'				
	19:00H	GET SIX PACK			SIX	GET SIX PACK		GET SIX PACK		GET SIX PACK					
				O	50'			O		C	50'				
	19:15H			BODY PUMP				JUMP		CROSS TRAINING					
	19:30H	1	50'	2	50'	0	50'	3	50'	_	50'				
		STEP		CHEMICAL		BODY ATTACK		CYCLING	_	PILATES CLÍNICO					
		©	50'			3	50'	2 50'	1 50' Kick Boxing		50'				
		CROSS TRAINING		- C	451	CYCLING	151	_		CHEMICAL	451				
	20:00H	E CET CIV DACK		© Get six pack	15'	© Get six pack	15'	E Get six pack	15'	© Get six pack					
		GET SIX PACK	50'	①	50'_	2	50'	①	50'	3	50'				
	20:15H	CYCLING		YOGA	- 00	CHEMICAL		YOGA		RIDING					
		2	50'	0	50'	C	50'								
		CHEMICAL		KICK BOXING		CROSS TRAINING									
	20:30H	1	50'	3	50'	0	50'								

RITMOS

BODY ATTACK