

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H CROSS TRAINING 50'	1 BODY PUMP 50'	2 CHEMICAL 50'	3 CYCLING 50'	1 PILATES CLÍNICO 50'		
	08:30H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	09:00H CHEMICAL 50'		3 RIDING 50'				
	09:30H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
TARDE ☀	10:00H BODY PUMP 50'	2 CHEMICAL 50'	1 GAP 50'	1 PILATES 50'	1 CROSS TRAINING 50'	2 CHEMICAL 50'	1 PILATES CLÍNICO 50'
	10:30H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	1 LOCAL 50'	
	11:00H					3 CYCLING 50'	3 RIDING 50'
	12:40H CYCLING 50'	1 PILATES CLÍNICO 50'	2 CHEMICAL 50'	3 CYCLING 50'	1 BODY PUMP 50'		
	15:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	1 RITMOS 50'	
	17:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	17:15H			1 PILATES CLÍNICO 50'			
	17:30H 1 JUMP 50'	3 RIDING 50'	1 LOCAL 50'		1 STEP 50'		
	18:00H GET SIX PACK 15'	2 CHEMICAL 50' / GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	
	18:15H 3 CYCLING 50'	1 PILATES CLÍNICO 50'			1 BODY PUMP 50'	2 CHEMICAL 50'	
NOITE 🌙	18:30H 2 CHEMICAL 50' / 1 BUMBUM 50'	3 CYCLING 50'	3 RIDING 50' / 1 JUMP 50'	1 CROSS TRAINING 50'	1 BODY ATTACK 50'		
	CROSS TRAINING 50'		1 CROSS TRAINING 50'	3 CYCLING 50'	3 CYCLING 50'		
	18:45H		2 CHEMICAL 50'				
	19:00H GET SIX PACK 15'	1 CROSS TRAINING 50' / GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	19:15H	1 BODY PUMP 50'			1 JUMP 50'	1 CROSS TRAINING 50'	
	19:30H 1 STEP 50'	2 CHEMICAL 50'	1 BODY ATTACK 50'	3 CYCLING 50'	1 PILATES CLÍNICOS 50'		
	CROSS TRAINING 50'		3 CYCLING 50'	2 CHEMICAL 50' / 1 KICK BOXING 50'	2 CHEMICAL 50'		
	19:45H			1 CROSS TRAINING 50'		3 RIDING 50'	
	20:00H GET SIX PACK 15' / CHEMICAL 50'	GET SIX PACK 15'	GET SIX PACK 15' / CHEMICAL 50'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	
	20:15H 3 CYCLING 50'	1 YOGA 50' / 1 KICK BOXING 50'			1 YOGA 50'		
20:30H 1 BODY ATTACK 50'	3 RIDING 50'	1 RITMOS 50'					