PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 01 DE NOV.

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ							
07:00H	2 50' CYCLING	1 50' CHEMICAL	3 50' PUMP	3 50' BODY AND MIND	3 50' LOCAL		
08:30H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
09:00H	3 50' BUMBUM	2 50' CYCLING	3 50' PILATES CLÍNICO	3 50' BODY PUMP	3 50' PILATES CLÍNICO		
09:30H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	3 50' PILATES	
09:45H						1 50' CHEMICAL	
10:15H	3 50' YOGA	3 50' BODY PUMP	3 50' LOCAL	3 50' GAP	3 50' YOGA		2 50' CYCLING
10:45H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	2 50' CYCLING	
11:00H						3 50' BUMBUM	
11:15H							3 50' LOCAL
11:30H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
TARDE							
12:30H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
12:45H	3 50' BODY PUMP	3 50' PILATES	C 50' CROSS TRAINING	1 50' CHEMICAL	3 50' PILATES		
15:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
16:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
16:15H		3 50' YOGA		3 50' PILATES			
16:30H			3 50' LOCAL				
17:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
NOITE							
17:15H	2 50' CYCLING	3 50' LOCAL	1 50' CHEMICAL	3 50' GAP			
17:30H	3 50' PILATES CLÍNICO	1 50' CHEMICAL	3 50' BUMBUM	2 50' CYCLING	3 50' PILATES		
18:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
18:15H	1 50' CHEMICAL	3 50' ZUMBA	2 50' CYCLING	3 50' ZUMBA	C 50' CROSS TRAINING		
18:30H	3 50' BODY PUMP	2 50' CYCLING	3 50' PILATES CLÍNICO	1 50' CHEMICAL	3 50' LOCAL		
19:15H	2 50' CYCLING C 15' SIX PACK	3 50' BUMBUM C 15' SIX PACK	1 50' CHEMICAL C 15' SIX PACK	3 50' YOGA C 15' SIX PACK	2 50' CYCLING C 15' SIX PACK		
19:30H	3 50' PILATES	1 50' CHEMICAL	3 50' BODY PUMP	2 50' CYCLING	3 50' PILATES CLÍNICO		
20:00H	C 15' SIX PACK 1 50' CHEMICAL	C 15' SIX PACK	C 15' SIX PACK 2 50' CYCLING	C 15' SIX PACK 1 50' CHEMICAL	C 15' SIX PACK		
20:15H	2 50' CYCLING	3 50' BODY PUMP	1 50' CHEMICAL	3 50' LOCAL			
20:30H	3 50' PILATES	1 50' CHEMICAL	3 50' RITMOS				
21:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE C CROSS STAGE