

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