PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 14 DE SET.

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

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