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	3 50' CHEMICAL	1 50' BODY PUMP	2 50' CYCLING	3 50' CHEMICAL		
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	1 50' LOCAL	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	1 50' GAP	2 50' CYCLING	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
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	
TARDE							
12:45H	1 50' STEP	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	2 50' CYCLING	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	1 50' BUMBUM	1 50' BODY PUMP	1 50' PILATES CLÍNICO		
18:00H	C 15' SIX PACK 2 50' CYCLING	C 15' SIX PACK C 50' CROSS TRAINING	C 15' SIX PACK 2 50' CYCLING	C 15' SIX PACK C 50' CROSS TRAINING	C 15' SIX PACK		
NOITE							
18:30H	1 50' BODY PUMP 3 50' CHEMICAL	1 50' COMBAT 2 50' CYCLING	1 50' YOGA 3 50' CHEMICAL	2 50' CYCLING 1 50' RITMOS	1 50' BUMBUM 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	3 50' CHEMICAL 1 50' RITMOS	1 50' PILATES 2 50' CYCLING	1 50' BODY PUMP 3 50' CHEMICAL	1 50' YOGA 2 50' CYCLING			
19:45H	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