

|         | SEGUNDA-FEIRA  | TERÇA-FEIRA           | QUARTA-FEIRA                     | QUINTA-FEIRA                    | SEXTA-FEIRA                      | SÁBADO                          | DOMINGO  |  |
|---------|----------------|-----------------------|----------------------------------|---------------------------------|----------------------------------|---------------------------------|--|--|
| MANHÃ ☽ | 07:00H         | 1 50' CYCLING         | 3 50' CHEMICAL                   | 2 50' BODY PUMP                 | 1 50' CYCLING                    | 2 50' PILATES                   |  |  |
|         | 08:15H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |
|         | 09:00H         | 2 50' BUMBUM          | 2 50' PILATES CLÍNICO            | 1 50' CYCLING                   | 2 50' GAP                        | 3 50' CHEMICAL                  |  |  |
|         | 09:30H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 2 50' PILATES<br>1 50' CYCLING                 |  |
|         | 10:15H         | 2 50' YOGA            | 1 50' CYCLING                    | 3 50' CHEMICAL                  | 2 50' PILATES                    | 2 50' LOCAL                     | 1 50' CYCLING                                  |  |
|         | 10:45H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |
|         | 11:00H         |                       |                                  |                                 |                                  |                                 | 2 50' ZUMBA<br>3 50' CHEMICAL<br>2 50' PILATES |  |
| 11:30H  | 1 15' SIX PACK | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   |                                 |  |  |
| TARDE ☀ | 12:45H         | 1 50' CYCLING         | 2 50' BODY PUMP                  | 3 50' PILATES                   | 3 50' CHEMICAL                   | 2 50' LOCAL                     |  |  |
|         | 15:15H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |
|         | 16:15H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |
|         | 17:15H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |
|         | 17:30H         | 2 50' PILATES CLÍNICO | 2 50' LOCAL                      | 2 50' RITMOS                    | 2 50' PILATES                    | 2 50' HITT                      |  |  |
|         | 17:45H         | 3 50' CHEMICAL        | 1 50' CYCLING                    | 3 50' CHEMICAL                  |                                  |                                 |  |  |
|         | 18:00H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |
|         | 18:15H         | 1 50' CYCLING         | 3 50' CHEMICAL                   | 1 50' CYCLING                   | 3 50' CHEMICAL                   | 3 50' CHEMICAL                  |  |  |
|         | 18:30H         | 2 50' BODY PUMP       | 2 50' STEP                       | 2 50' PILATES                   | 2 50' LOCAL                      | 2 50' BUMBUM                    |  |  |
|         | 18:45H         | 3 50' CHEMICAL        | 1 50' CYCLING                    | 3 50' CHEMICAL                  | 1 50' CYCLING                    |                                 |  |  |
|         | 19:15H         | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |
|         | NOITE 🌙        | 19:30H                | 2 50' BUMBUM<br>1 50' CYCLING    | 2 50' YOGA<br>3 50' CHEMICAL    | 2 50' BODY PUMP<br>1 50' CYCLING | 2 50' ZUMBA<br>3 50' CHEMICAL   | 2 50' PILATES CLÍNICO<br>1 50' CYCLING         |  |
|         |                | 20:00H                | 1 15' SIX PACK<br>3 50' CHEMICAL | 1 15' SIX PACK<br>1 50' CYCLING | 1 15' SIX PACK<br>3 50' CHEMICAL | 1 15' SIX PACK<br>1 50' CYCLING |  |  |
| 20:30H  |                | 2 50' PILATES         |                                  |                                 | 2 50' PILATES                    |                                 |  |  |
| 20:45H  |                | 1 15' SIX PACK        | 1 15' SIX PACK                   | 1 15' SIX PACK                  | 1 15' SIX PACK                   | 1 15' SIX PACK                  |  |  |

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