PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 01 DE SET.

	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	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
09:00H	[2] 50' BUMBUM	[2] 50' PILATES CLÍNICO	[1] 50' CYCLING	[2] 50' GAP	[2] 50' RITMOS	[2] 50' PILATES	
09:30H	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		[1] 50' CYCLING
10:00H						[2] 50' LOCAL	
10:15H	[2] 50' YOGA	[1] 50' CYCLING	[3] 50' CHEMICAL	[2] 50' PILATES	[2] 50' LOCAL	[1] 50' CYCLING	
10:45H	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
11:00H							[2] 50' PILATES
11:30H	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
TARDE							
12:45H	[1] 50' CYCLING	[2] 50' BODY PUMP	[2] 50' PILATES	[3] 50' CHEMICAL	[2] 50' LOCAL		
15:15H	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
16:15H	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
16:30H	[2] 50' RITMOS		[2] 50' BODY PUMP				
17:15H	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
17:30H	[2] 50' PILATES CLÍNICO	[2] 50' LOCAL	[2] 50' RITMOS	[2] 50' PILATES	[2] 50' BODY PUMP		
17:45H	[3] 50' CHEMICAL	[1] 50' CYCLING	[3] 50' CHEMICAL				
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' 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	[1] 50' CYCLING		
NOITE							
19:15H	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
19:30H	[2] 50' BUMBUM	[2] 50' YOGA	[2] 50' BODY PUMP	[2] 50' ZUMBA	[2] 50' PILATES CLÍNICO		
	[1] 50' CYCLING	[3] 50' CHEMICAL	[1] 50' CYCLING	[3] 50' CHEMICAL			
20:00H		[1] 50' CYCLING	[3] 50' CHEMICAL				
	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK	[C] 15' SIX PACK		
20:30H	[2] 50' PILATES			[2] 50' PILATES			
20:45H	[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