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	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' LOCAL				
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			
NOITE							
18:30H	2 50' BODY PUMP	2 50' STEP	2 50' PILATES	2 50' LOCAL	2 50' BUMBUM		
					3 50' CHEMICAL		
18:45H	3 50' CHEMICAL	1 50' CYCLING	3 50' CHEMICAL	1 50' CYCLING	1 50' CYCLING		
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' PILATES CLÍNICO		
	1 50' CYCLING	3 50' CHEMICAL	1 50' CYCLING	3 50' CHEMICAL			
20:00H		1 50' CYCLING		2 50' PILATES			
	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						
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