

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:00H	2 50' BODY PUMP	1 50' CYCLING	2 50' HIIT	1 50' CYCLING	2 50' PILATES	
	08:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
	08:30H	1 50' CYCLING	2 50' PILATES CLÍNICO	2 50' BUMBUM	2 50' YOGA	2 50' BODY PUMP	
		C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
	09:00H					2 50' BODY PUMP	
	09:30H						1 50' CYCLING
	10:00H	2 50' PILATES	2 50' GAP	1 50' CYCLING	2 50' BODY PUMP	2 50' YOGA	1 50' CYCLING
		C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	2 50' PILATES
TARDE ☀	11:00H	2 50' BODY PUMP	2 50' RITMOS	2 50' LOCAL	1 50' CYCLING		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	1 50' CYCLING
	12:45H	1 50' CYCLING	2 50' YOGA	2 50' BODY PUMP	2 50' PILATES	1 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	2 50' GAP	1 50' CYCLING	2 50' BUMBUM	2 50' PILATES CLÍNICO	2 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	2 50' PILATES CLÍNICO	2 50' BODY PUMP	2 50' RITMOS	2 50' BUMBUM	2 50' PILATES	
NOITE 🌙	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	1 50' CYCLING	1 50' CYCLING	1 50' CYCLING		
	18:30H	2 50' BODY PUMP	2 50' BUMBUM	2 50' PILATES	2 50' LOCAL	2 50' RITMOS	
	19:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	
	19:30H	2 50' HIIT	2 50' YOGA	2 50' BODY PUMP	2 50' GAP	2 50' PILATES	
		1 50' CYCLING	1 50' CYCLING	1 50' CYCLING	1 50' CYCLING	1 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	2 50' PILATES CLÍNICO	2 50' BODY PUMP	2 50' RITMOS	2 50' YOGA		
		1 50' CYCLING					
	20:45H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	

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