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	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	2 50' PILATES	2 50' GAP	2 50' BUMBUM	2 50' BODY PUMP	2 50' LOCAL		
	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
09:00H						2 50' LOCAL	
09:30H							1 50' CYCLING
TARDE 10:00H	2 50' LOCAL	2 50' RITMOS	2 50' PILATES	2 50' BUMBUM	1 50' CYCLING	1 50' CYCLING	
	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	2 50' PILATES	
12:15H	1 50' CYCLING	2 50' YOGA	2 50' BODY PUMP	2 50' PILATES	2 50' BODY PUMP		
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' STEP	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	1 50' CYCLING	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		
18:30H	2 50' BODY PUMP	2 50' STEP	2 50' PILATES	2 50' LOCAL	2 50' HIIT		
19:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
	1 50' CYCLING		1 50' CYCLING		1 50' CYCLING		
19:30H	2 50' HIIT	2 50' YOGA	2 50' BODY PUMP	2 50' PILATES	2 50' GAP		
		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' RITMOS	2 50' LOCAL			
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