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	2 50' BODY PUMP	1 50' CYCLING	2 50' HIIT	1 50' CYCLING	2 50' PILATES CLÍNICO		
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' LOCAL		
	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
09:30H						2 50' LOCAL	
10:00H	2 50' BODY & MIND	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		
10:30H						1 50' CYCLING	
TARDE 11:00H	2 50' LOCAL	2 50' RITMOS	2 50' PILATES	1 50' CYCLING	2 50' GAP		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	
12:30H	1 50' CYCLING	2 50' PILATES	2 50' BODY PUMP	2 50' YOGA	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' HIIT		1 50' CYCLING		2 50' PILATES CLÍNICO		
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' LOCAL	2 50' HIIT	2 50' RITMOS		
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' STEP	2 50' BODY & MIND		
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				
19:30H	2 50' RITMOS	2 50' YOGA	2 50' BODY PUMP	2 50' PILATES	2 50' HIIT		
		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' YOGA		2 50' PILATES CLÍNICO				
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