

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
<b>MANHÃ</b>	07:00H	1 50' BODY PUMP	1 50' PILATES CLÍNICO / 2 50' CROSS TRAINING	3 50' CHEMICAL	1 50' PILATES CLÍNICO / 2 50' CROSS TRAINING	2 50' CYCLING	
	08:30H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
	09:00H	1 50' BUMBUM	2 50' CYCLING	1 50' PILATES CLÍNICO	3 50' CHEMICAL	4 50' CROSS TRAINING	2 50' CYCLING
	09:30H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK		
	09:45H					3 50' CHEMICAL	
	10:00H						2 50' CYCLING
<b>TARDE</b>	10:15H	1 50' PILATES CLÍNICO	1 50' ZUMBA	2 50' CYCLING	1 50' YOGA	1 50' LOCAL	1 50' PILATES
	10:30H						
	11:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 50' CROSS TRAINING / 1 50' LOCAL
	11:15H					2 50' CYCLING	
	12:45H	2 50' CYCLING	1 50' BODY PUMP	1 50' LOCAL	3 50' CHEMICAL	2 50' CYCLING	
	12:50H				1 50' PILATES CLÍNICO		
	15:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
	16:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
	16:30H	1 50' PILATES CLÍNICO	1 50' LOCAL	1 50' PILATES / 3 50' CHEMICAL	1 50' BUMBUM	1 50' PILATES CLÍNICO	
	17:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	
	17:30H	4 50' CROSS TRAINING / 1 50' YOGA	3 50' CHEMICAL / 2 50' CYCLING	4 50' CROSS TRAINING / 1 50' BODY PUMP	3 50' CHEMICAL / 2 50' CYCLING	1 50' STEP	
	18:00H		4 15' GET SIX PACK		4 15' GET SIX PACK	4 15' GET SIX PACK	
	18:15H	2 50' CYCLING	1 50' GAP	3 50' CHEMICAL	1 50' BODY PUMP	3 50' CHEMICAL	
	18:30H	3 50' CHEMICAL / 1 50' PILATES CLÍNICO	3 50' CHEMICAL / 2 50' CYCLING	1 50' LOCAL / 2 50' CYCLING	3 50' CHEMICAL / 2 50' CYCLING	1 50' YOGA	
19:00H	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK	4 15' GET SIX PACK		
19:15H	2 50' CYCLING	1 50' BODY PUMP	3 50' CHEMICAL	1 50' BUMBUM	4 50' CROSS TRAINING / 2 50' CYCLING		
19:30H	3 50' CHEMICAL / 1 50' ZUMBA	2 50' CYCLING	4 50' CROSS TRAINING / 1 50' ZUMBA	3 50' CHEMICAL / 2 50' RIDING	1 50' PILATES		
19:45H	4 50' CROSS TRAINING	4 50' CROSS TRAINING / 3 50' CHEMICAL	2 50' CYCLING	4 50' CROSS TRAINING			
20:15H	2 50' RIDING	1 50' STEP	3 50' CHEMICAL	1 50' BODY PUMP			
20:30H	1 50' PILATES	2 50' RIDING	1 50' LOCAL				

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 CROSS STAGE



GET EXCITED