

	SEGUNDA-FEIRA			TERÇA-FEIRA		QUARTA-FEIRA		QUINTA-FEIRA		SEXTA-FEIRA		SÁBADO	DOMIN	DOMINGO	
	07:00H	① BODY PUMP	50'	1 50' Pilates Clínico	CROSS	3 CHEMICAL	50'	1 50' PILATES	© 50' Cross Training	② CYCLING	50'				
MANHÃ	08:30H	© GET SIX PACK	15'	© GET SIX PAC	15'		15'	© GET SIX PAG	15'		15'				
Ž	09:00H	O		2		1	50'	3	50'	0	50'		50'		
	09:30H	BUMBUM		CYCLING		PILATES CLÍ	15'	CHEMICAL	15'	CROSS TRAINING		CYCLING			
	09:45H	GET SIX PACK		GET SIX PAC	K	GET SIX PAC	CK	GET SIX PAG	CK			3	50'		
												CHEMICAL	2	50'	
	10:00H	1	50'	1	50'	2	50'	1	50'	O	50'	<u> </u>	CYCLING 50'		
	10:15H	PILATES CLÍN		ZUMBA		CYCLING		YOGA		LOCAL		PILATES			
/ -	10:30H		45		451		450		45		AE.			501	
ж М	11:00H	© Get six pack		© Get six pac		© Get six pac		© Get six pag		© Get six pack	15	CROSS TRAINING	LOCAL	50'	
TARDE	11:15H											② Cycling	50'		
	12:45H	② CYCLING	50'	① Body Pump		① Local	50'	3 Chemical	50'	② Cycling	50'				
	12:50H							① PILATES CL							
	15:00H	© Get six pack		© Get six pac		© Get six pag		© Get six pag	15'	© Get six pack	15'				
	16:00H	C	15'	C	15'	C	15'	C	15'	C	15'				
	16:30H	GET SIX PACK	50'	GET SIX PAC	50'	GET SIX PAC	3 50'	GET SIX PAG		GET SIX PACK	50'				
(17:00H	PILATES CLÍNI	ICO 15'	LOCAL	15'	PILATES ©	CHEMICAL 15'	BUMBUM	15'	PILATES CLÍNICO	15'				
NOITE 6	17:30H	GET SIX PACK C 50' CROSS		GET SIX PAC 3 50'	2] 50'	GET SIX PAC	① 50°	GET SIX PAG 3 50'	CK 2 50'	GET SIX PACK	50'				
Z		TRAINING	YOGA	CHEMICAL	CYCLING 15'	CROSS Training	PUMP	CHEMICAL	CYCLING 15'	STEP ©	15'				
	18:00H	2	50'	GET SIX PAC		3	50'	GET SIX PAG		GET SIX PACK	50'				
	18:15H	CYCLING		GAP		CHEMICAL 50'		BODY PUMP		CHEMICAL	50'				
	18:30H	3 50°		CHEMICAL		LOCAL	CYCLING		CYCLING	YOGA	15'				
	19:00H	GET SIX PACK		GET SIX PAC	K	GET SIX PAG	CK	GET SIX PAG	CK	GET SIX PACK					
	19:15H	② Cycling		① Body Pump		3 CHEMICAL		① Bumbum		C 50° 2 CROSS TRAINING CY	50'				
	19:30H	3 50' Chemical		2 Cycling		C 50' Cross Training	ZUMBA	3 50' Chemical		① PILATES	50'				
	19:45H	19:45H CROSS TRAINING		22083		② 50' CYCLING		© 50' Cross training							
	20:15H	2 RIDING	50'	① STEP	50'	3 Chemical	50'	① Body Pump	50'						
	20:30H	① PILATES	50'	2 RIDING	50'	① Local	50'								

