

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☀	07:00H 1 50' BODY PUMP	1 50' PILATES CLÍNICO	3 50' CHEMICAL	1 50' PILATES CLÍNICO	2 50' CYCLING			
	08:30H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	09:00H 1 50' BUMBUM	2 50' CYCLING	1 50' PILATES CLÍNICO	3 50' CHEMICAL	C 50' CROSS TRAINING	2 50' CYCLING		
	09:30H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK				
	09:45H					3 50' CHEMICAL		
	10:00H						2 50' CYCLING	
TARDE ☀	10:15H 1 50' PILATES CLÍNICO	1 50' ZUMBA	2 50' CYCLING	1 50' YOGA	1 50' LOCAL	1 50' PILATES		
	11:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 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 C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	16:00H C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 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 C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
	17:25H			1 50' PILATES				
	17:30H C 50' CROSS TRAINING	1 50' YOGA	3 50' CHEMICAL	2 50' CYCLING	C 50' CROSS TRAINING	1 50' BODY PUMP	2 50' CYCLING	1 50' STEP
	18:00H		C 15' GET SIX PACK		C 15' GET SIX PACK	C 15' GET SIX PACK		
18:15H 2 50' CYCLING	1 50' GAP	3 50' CHEMICAL			3 50' CHEMICAL			
18:20H				1 50' BODY PUMP				
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 C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
19:15H 2 50' CYCLING	1 50' BODY PUMP	3 50' CHEMICAL	1 50' BUMBUM	C 50' CROSS TRAINING	2 50' CYCLING			
19:30H 3 50' CHEMICAL	1 50' ZUMBA	2 50' CYCLING	C 50' CROSS TRAINING	1 50' ZUMBA	3 50' CHEMICAL	2 50' RIDING	1 50' PILATES	
19:45H C 50' CROSS TRAINING	C 50' CROSS TRAINING	3 50' CHEMICAL	2 50' CYCLING	C 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 C CROSS STAGE

GET EXCITED  