

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

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