

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:00H	1 50' BODY PUMP	1 50' PILATES CLÍNICO	1 50' YOGA	1 50' PILATES CLÍNICO		
		2 50' CYCLING	2 50' CROSS TRAINING	3 50' CHEMICAL	2 50' CROSS TRAINING		
	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	
	10:00H						2 50' CYCLING
	10:15H	1 50' PILATES CLÍNICO	1 50' ZUMBA	2 50' CYCLING	1 50' YOGA	1 50' LOCAL	1 50' PILATES
	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
TARDE ☀	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				
	17:25H				1 50' PILATES		
	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		
NOITE 🌙	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		3 50' CHEMICAL	
	18:20H				1 50' BODY PUMP		
	18:30H	3 50' CHEMICAL	1 50' PILATES CLÍNICO	3 50' CHEMICAL	1 50' LOCAL	3 50' CHEMICAL	2 50' CYCLING
	18:45H	C 50' CROSS TRAINING	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' RIDING	C 50' CROSS TRAINING
	19:30H	3 50' CHEMICAL	1 50' ZUMBA	C 50' CROSS TRAINING	3 50' CHEMICAL	3 50' CHEMICAL	1 50' ZUMBA
	19:35H				2 50' CYCLING		
	19:45H	C 50' CROSS TRAINING	2 50' RIDING	2 50' CYCLING		C 15' GET SIX PACK	
20:00H	C GET SIX PACK 15'	C GET SIX PACK 15'	C 50' CROSS TRAINING	C 15' GET SIX PACK	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' LOCAL				

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

GET EXCITED  