

			SEGUND)A-FEIRA	TERÇA	-FEIRA	QUAR	ra-feira	QUINT	A-FEIRA	SEXTA-	FEIRA	SÁBADO		DOMINO	GO
(Ď.	07:00H	D 50' BODY PUMP	② 50' Cycling	① 50' Pilates Clínico	© 50° Cross Training	① 50' YOGA	3 50' Chemical	1 50' Pilates Clínico	C 50' Cross Training	② CYCLING	50'				
	MANHA	08:30H	© GET SIX PAC	15'	© Get six pac	15'	© Get six pai	15'	© GET SIX PAC	15'	© Get six pack	15'				
		09:00H	① 50'								C CROSS TRAINI	50'	② CYCLING	50'		
		09:30H	0	15'	C	15'	C	15'	C		© GET SIX PACK	15'				
		09:45H	GET SIX PAC	N.	GET SIX PAC	N.	GET SIX PAI	JK	GET SIX PAC	υN	DET SIX PAUK		3	50'		
		10:00H											CHEMICAL		2	50'
		10:15H	1	50'	1	50'	2	50'		50'		50'		50'	CYCLING	
		10:30H	PILATES CLÍI	15'	ZUMBA	15'		15'	YOGA		LOCAL	15'	PILATES			
		11:00H	GET SIX PAC	K	GET SIX PAC	K	GET SIX PAI	CK	GET SIX PAC	CK	GET SIX PACK		C		0	50'
		11:15H											CROSS TRAINING	50'	LOCAL	
	<u> </u>	12:45H	2	50'	①	50'	_	50'	3	50'	2	50'	CYCLING			
	TARDE		CYCLING		BODY PUMP		GAP		CHEMICAL 1	50'	CYCLING					
	T	12:50H	C	15'	C	15'	C	15'	PILATES CLÍ		C	15'				
		15:00H	GET SIX PAC	K 15'	GET SIX PAC	K 15'	GET SIX PAI	CK 15'	GET SIX PAC		GET SIX PACK	15'				
		16:00H	GET SIX PAC	K 50'	GET SIX PAC		GET SIX PAI	CK 3 50'	GET SIX PAC		GET SIX PACK	50'				
		16:30H	YOGA	15'	CYCLING	15'		CHEMICAL	BUMBUM		PILATES CLÍN	ICO 15'				
		17:00H	GET SIX PAC	K	GET SIX PAC		GET SIX PAI		GET SIX PAC		GET SIX PACK					
		17:15H			PILATES CLÍI				1	50'						
		17:25H	3 50'	① 50'			0	50'	PILATES 2		O	50'				
		17:30H		LOCAL	ল 50°	2 50'	BODY PUMP		CYCLING		STEP					
		17:45H	a	15'	C 50' CROSS TRAINING	CYCLING 15'	CYCLING		C	15'	a	15'				
		18:00H	© GET SIX PAC	K	© GET SIX PAC	K	GET SIX PAI	CK	GET SIX PAC		GET SIX PACK					
		18:15H	② CYCLING	50	① GAP	90	3 CHEMICAL	50'		501	3 CHEMICAL	50				
	_	18:20H	C F O I	G 501		-			① BODY PUMP							
	NOITE (18:30H	3 50'		3 CHEMICAL		① Local		3 50'		① Yoga	50'				
		18:45H	C CROSS TRAIN	NING	② CYCLING		② CYCLING	50'								
		19:00H	© Get six pac		GET SIX PAC	K	© Get six pai		© Get six pac	CK	© Get six pack	15'				
		19:15H	② CYCLING	50'	① Body Pump				① Gap	50'	2 50° RIDING	© 50° Cross Training				
		19:30H	3 50'		C 50' Cross Training	3 50'	3 50' Chemical	① ^{50'} Zumba	3 50' Chemical		① PILATES	50'				
		19:35H							② Cycling	50'						
		19:45H	C CROSS TRAIN		2 RIDING		② Cycling	50'			© GET SIX PACK	15'				
		20:00H	© GET SIX PAC		© Get six pac	15'	C 50' Cross Training	© 15' GET SIX PACK	© Get six pac	15' CK						
		20:15H	2 RIDING	50'	① STEP	50'			① Body Pump	50'						
		20:30H	1 PII ATES	50'	3 CHEMICAL	50'		50'								



