

	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' SCHWINN	2 50' CROSS TRAINING	2 50' CHEMICAL	2 50' CROSS TRAINING		
	08:30H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK		
	09:00H	1 50' BUMBUM	2 50' CYCLING	1 50' PILATES	3 50' CHEMICAL	2 50' CROSS TRAINING	
	09:30H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	
	09:45H					3 50' CHEMICAL	2 50' SCHWINN
	10:15H	1 50' PILATES CLÍNICO	1 50' ZUMBA	2 50' CYCLING	1 50' YOGA	1 50' LOCAL	1 50' PILATES
	10:30H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	
	10:45H						1 50' LOCAL
	11:00H					3 50' CROSS TRAINING	
11:15H					2 50' CYCLING		
11:45H						2 50' SCHWINN	
TARDE ☀	12:45H	2 50' SCHWINN	1 50' BODY PUMP	3 50' CHEMICAL	3 50' CHEMICAL	2 50' SCHWINN	
	12:50H				1 50' PILATES CLÍNICO		
	15:00H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	
	16:00H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	
	16:30H	1 50' YOGA	2 50' CYCLING	1 50' PILATES	3 50' CHEMICAL	1 50' BUMBUM	1 50' PILATES CLÍNICO
	17:00H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	
	17:15H		1 50' PILATES CLÍNICO			3 50' CHEMICAL	
	17:25H				1 50' PILATES		
	17:30H	3 50' CHEMICAL	1 50' LOCAL		1 50' BODY PUMP	2 50' CYCLING	
	17:45H		2 50' CYCLING	2 50' SCHWINN			
18:00H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK		
18:15H	2 50' SCHWINN	3 50' CHEMICAL	1 50' GAP	3 50' CHEMICAL	3 50' CHEMICAL		
18:20H				1 50' BODY PUMP			
NOITE 🌙	18:30H	3 50' CHEMICAL	1 50' PILATES CLÍNICO	1 50' LOCAL	3 50' CHEMICAL	2 50' CYCLING	1 50' YOGA
	18:45H		2 50' SCHWINN	2 50' CYCLING			
	19:00H	3 50' CROSS TRAINING	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	
	19:15H	2 50' SCHWINN	1 50' BODY PUMP	3 50' CHEMICAL		1 50' GAP	2 50' RIDING
	19:30H	3 50' CHEMICAL	1 50' ZUMBA	3 50' CROSS TRAINING	3 50' CHEMICAL	1 50' ZUMBA	3 50' CHEMICAL
				3 50' CROSS TRAINING			
	19:35H				2 50' SCHWINN		
	19:45H		2 50' RIDING	2 50' SCHWINN			
	20:00H	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	3 15' SIX PACK	
	20:15H	2 50' RIDING	3 50' CHEMICAL			1 50' LOCAL	
20:30H	1 50' PILATES		1 50' PILATES CLÍNICO				

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