

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

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