PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 08 DE SET.

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

	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		
				3 50' CHEMICAL			
08:30H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
09:00H	1 50' BUMBUM	3 50' CHEMICAL	1 50' PILATES	2 50' CYCLING	3 50' CHEMICAL	2 50' CYCLING	
09:30H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
09:45H						C 50' CROSS TRAINING	2 50' SCHWINN
10:15H	1 50' PILATES CLÍNICO	1 50' GAP	2 50' CYCLING	1 50' YOGA	1 50' LOCAL	1 50' PILATES	
10:30H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 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	1 50' LOCAL	3 50' CHEMICAL	1 50' PILATES CLÍNICO	2 50' SCHWINN		
15:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
16:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
16:30H	1 50' YOGA				1 50' PILATES CLÍNICO		
17:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
17:15H	3 50' CHEMICAL	1 50' PILATES CLÍNICO	2 50' SCHWINN	1 50' PILATES			
17:30H	1 50' LOCAL	2 50' CYCLING	1 50' BUMBUM	3 50' CHEMICAL	1 50' GAP		
18:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
18:15H	2 50' SCHWINN	1 50' GAP	2 50' SCHWINN	1 50' BODY PUMP	3 50' CHEMICAL		
	3 50' CHEMICAL		3 50' CHEMICAL				
18:30H	1 50' PILATES CLÍNICO	2 50' SCHWINN	1 50' LOCAL	2 50' SCHWINN	1 50' YOGA		
		3 50' CHEMICAL		3 50' CHEMICAL			
NOITE							
19:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
19:15H	3 50' CHEMICAL	1 50' BODY PUMP		1 50' GAP	C 50' CROSS TRAINING		
19:30H		C 50' CROSS TRAINING	1 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' SCHWINN		
	3 50' CHEMICAL		2 50' SCHWINN				
19:45H		2 50' SCHWINN		2 50' SCHWINN			
20:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
20:15H	2 50' SCHWINN	1 50' PILATES					
20:30H	1 50' PILATES			1 50' LOCAL			