

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

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