PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 03 DE SET.

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

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