

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ	07:15H	3 50' CYCLING	C 30' GET WET	2 45' BODY PUMP	C 30' GET WET 1 45' YOGA	C 60' CROSS TRAINING	
	09:00H	C 15' GET LOW BODY 2 45' BUMBUM	2 45' RITMOS C 15' GET SIX PACK	2 30' GAP C 15' GET UPPER BODY	C 15' GET SIX PACK 2 45' BODY JUMP	2 45' BODY PUMP C 15' GET UPPER BODY	3 50' 2 45' CYCLING DANCE KIDS
	09:45H						1 45' YOGA
	10:00H	2 45' BODY ATTACK 3 50' CYCLING	1 45' TOTAL TRAINING	3 50' CYCLING	1 45' PILATES 2 45' BODY ATTACK	1 45' PILATES CLÍNICO	2 45' LOCAL A 45' BOXE KIDS
TARDE	11:00H	C 15' GET SIX PACK	C 15' GET LOW BODY	C 30' GET WET	C 15' GET LOW BODY	C 30' GET WET	1 45' PILATES A 50' BOXE
	11:15H					3 50' CYCLING	
	11:15H						3 50' CYCLING
	12:15H	A 50' BOXE C 30' GET WET		A 50' BOXE	C 30' GET WET	A 50' BOXE	
12:45H	3 45' CYCLING	1 45' PILATES	3 45' CYCLING C 60' CROSS TRAINING	2 45' BODY PUMP 1 45' PILATES	3 50' CYCLING		
14:15H							
15:00H							
NOITE	16:00H	C 15' GET SIX PACK	C 30' GET WET	C 15' GET SIX PACK 1 45' LOCALIZADA	C 30' GET WET	C 15' GET SIX PACK	
	17:30H			3 50' CYCLING			
	17:45H	1 30' GAP C 15' GET UPPER BODY	C 15' GET FULL BODY 3 50' CYCLING	C 15' GET SIX PACK 2 45' ZUMBA	C 15' GET SIX PACK	C 15' GET LOW BODY 2 45' ZUMBA	
	18:00H						
	18:15H	C 60' CROSS TRAINING			3 50' CYCLING		
	18:20H	A 50' DEFESA PESSOAL KIDS		A 50' DEFESA PESSOAL KIDS		1 50' FUNCIONAL KIDS	
	18:30H	1 45' RITMOS 2 45' BODY PUMP	2 45' PILATES CLÍNICO C 60' CROSS TRAINING	2 45' BODY JUMP C 60' CROSS TRAINING	C 60' CROSS TRAINING 1 45' LOCAL	C 60' CROSS TRAINING 3 50' CYCLING	
	18:45H	3 50' CYCLING C 15' GET SIX PACK	1 45' LOCAL C 15' GET LOW BODY	3 50' CYCLING C 15' GET SIX PACK	2 45' PILATES CLÍNICO C 15' GET SIX PACK	2 45' BUMBUM C 15' GET UPPER BODY	
	19:15H		A 50' BOXE 3 50' CYCLING		A 50' KICK BOXING	1 45' PILATES CLÍNICO	
	19:30H	A 60' JIU JITSU 1 45' PILATES		A 60' JIU JITSU 1 45' PILATES		A 60' JIU JITSU	
	19:45H	2 45' BODY JUMP	1 45' BODY ATTACK	2 45' BODY PUMP	3 50' CYCLING 2 45' BODY PUMP	2 30' HIIT	
	20:00H	C 60' CROSS TRAINING	2 45' BUMBUM C 60' CROSS TRAINING	C 60' CROSS TRAINING	C 60' CROSS TRAINING	3 50' CYCLING	
20:15H			3 50' CYCLING				
20:30H		A 50' KICK BOXING	1 45' YOGA	A 50' BOXE			
20:45H		3 50' CYCLING					

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



GET EXCITED