

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

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



GET EXCITED