



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

① 1ST STAGE ② 2ND STAGE ③ 3RD STAGE ④ CROSS STAGE ⑤ ARENA STAGE