



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

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