



	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 45' CROSSTRaining	2 45' CROSS TRAINING	
	09:00H	1 15' GET SIX PACK 2 45' BUMBUM	1 15' GET SIX PACK 1 45' PILATES	2 45' BODY ATTACK 1 15' GET SIX PACK	1 15' GET SIX PACK 2 45' YOURFIT JUMP	2 45' BODY PUMP 1 15' GET SIX PACK	3 50' CYCLING
	09:15H						2 45' YOGA
	10:15H	3 50' CYCLING	2 45' BODY ARMOUR	3 50' CYCLING	1 45' PILATES	1 45' PILATES CLÍNICO	2 45' LOCAL
	11:00H	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	1 50' BOXE 1 45' PILATES
	11:30H						3 50' CYCLING 3 50' CYCLING
	12:45H	3 50' CYCLING	2 45' BODY PUMP	2 45' CROSS TRAINING	1 45' PILATES	3 45' CYCLING	
TARDE 	16:00H	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	
	17:30H	1 45' RITMOS	2 45' LOCAL	1 45' BUMBUM	3 50' CYCLING	2 45' YOURFIT JUMP	
	17:45H	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	1 15' GET SIX PACK	
	18:00H						3 50' CYCLING
	18:30H	1 45' BODY ARMOUR 2 45' BODY PUMP	1 45' PILATES CLÍNICO	2 45' YOURFIT JUMP 1 15' CROSS TRAINING	1 60' CROSS TRAINING	1 60' CROSS TRAINING	
		1 60' CROSS TRAINING	1 60' CROSS TRAINING	1 45' BODY ARMOUR	2 45' LOCAL	3 45' CYCLING	
	18:45H	3 50' CYCLING	2 45' BUMBUM	3 50' CYCLING	1 45' PILATES CLÍNICO	2 45' BUMBUM	
	19:15H		1 45' BOXE		1 50' KICK BOXING		
	19:30H	1 60' JIU JITSU 1 45' PILATES	3 50' CYCLING 1 45' BODY ATTACK	1 60' JIU JITSU 1 45' PILATES		1 60' JIU JITSU 2 30' HIIT	
		2 45' YOUR FIT JUMP		2 45' BODY PUMP		1 45' PILATES CLÍNICO	
19:45H	1 15' GET SIX PACK	1 15' GET SIX PACK 2 45' BODY PUMP	1 15' GET SIX PACK	1 15' GET SIX PACK 2 45' BODY PUMP	1 15' GET SIX PACK		
20:00H	1 50' CROSS TRAINING	1 50' CROSS TRAINING	1 50' CROSS TRAINING	1 50' CROSS TRAINING			
20:15H		1 45' KICK BOXING	3 50' CYCLING	3 50' CYCLING 1 50' BOXE			
20:30H	1 15' GET SIX PACK	1 15' GET SIX PACK 3 50' CYCLING	1 15' GET SIX PACK 1 45' YOGA	1 15' GET SIX PACK	1 15' GET SIX PACK		
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