

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ	07:15H CYCLING 50'	CROSS TRAINING 45'	LOCAL 45'	CROSS TRAINING 45'	CROSS TRAINING 45'		
	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	CYCLING 50'	
	BUMBUM 45'	PILATES 45'	BODY ATTACK 45'	YOURFIT JUMP 45'	BODY PUMP 45'		
						LOCAL 45'	GET SIX PACK 15'
	10:15H CYCLING 50'	GAP 45'	CYCLING 50'	PILATES 45'	PILATES CLÍNICO 45'		
10:30H							
TARDE	11:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	RITMOS 45'	GET SIX PACK 15'
						PILATES 45'	
	11:30H					CYCLING 50'	CYCLING 50'
	12:00H					YOGA 45'	
	12:45H CYCLING 50'	BODY PUMP 45'	HIIT 45'	PILATES 45'	CYCLING 45'		
	16:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	17:30H RITMOS 45'	LOCAL 45'	BUMBUM 45'	CYCLING 50'	YOURFIT JUMP 45'		
	18:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	18:15H					CYCLING 50'	
	NOITE	BODY PUMP 45' CROSS TRAINING 60'	CROSS TRAINING 60'	YOURFIT JUMP 45' CROSS TRAINING 60'	CROSS TRAINING 60'	CYCLING 45' CROSS TRAINING 60'	
BODY ARMOUR 45'		PILATES CLÍNICO 45'	BODY ARMOUR 45'	LOCAL 45'	BODY ARMOUR 45'		
18:40H				PILATES 45'			
CYCLING 50' GET SIX PACK 15'		BUMBUM 45' GET CORE 15'	CYCLING 50' GET SIX PACK 15'	CYCLING 50' GET SIX PACK 15'	BUMBUM 45' GET SIX PACK 15'		
19:15H			BOXE 45'		KICK BOXING 50'		
PILATES 45' GET SIX PACK 15'		CYCLING 45' BODY ATTACK 45'	PILATES 45' GET SIX PACK 15'	YOGA 45'	HIIT 45' PILATES CLÍNICO 45'		
YOURFIT JUMP 45'		GET CORE 15'	BODY PUMP 45'	GET SIX PACK 15'	GET SIX PACK 15'		
19:45H			BODY PUMP 45'		BODY PUMP 45'		
CROSS TRAINING 50' GET SIX PACK 15'		CROSS TRAINING 50' GET SIX PACK 15'	CROSS TRAINING 50' GET SIX PACK 15'	CROSS TRAINING 50' GET SIX PACK 15'	CROSS TRAINING 50' GET SIX PACK 15'		
20:15H JIU JITSU 60'		KICK BOXING 45'	CYCLING 50' JIU JITSU 60'	CYCLING 50' BOXE 50'	JIU JITSU 45'		
20:30H ZUMBA 45'	CYCLING 50'						

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



GET EXCITED