

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☽	07:15H 4 CYCLING 50'	3 CHEMICAL 50'	2 CROSS TRAINING 60'	4 CYCLING 50'	2 CROSS TRAINING 60'		
	09:00H C GET LOW BODY 15'	C GET SIX PACK 15'	C GET UPER BODY 15'	C GET SIX PACK 15'	C GET FULL BODY 15'		
	09:15H 3 GHEMICAL 50'	1 PILATES CLÍNICO 50'	2 GET JUMP 50'	1 PILATES 50'	4 CYCLING 50'		
						4 CYCLING 50'	4 CYCLING 50'
	4 CYCLING 50'	2 BODY PUMP 50'	1 PILATES 50'	3 CHEMICAL 50'	2 GAP 50'	3 CHEMICAL 50'	
	C GET FULL BODY 15'	C GET LOW BODY 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET FULL BODY 15'	2 60' FUNCIONAL KIDS 4 CYCLING 50'	4 CYCLING 50'
TARDE ☀	11:15H					1 PILATES 50'	
	12:00H C GET SIX PACK 15'	C GET FULL BODY 15'	C GET FULL BODY 15'	C GET FULL BODY 15'	C GET SIX PACK 15'	C GET FULL BODY 15'	
	12:15H						
	12:45H 1 PILATES CLÍNICO 50'	C CROSS TRAINING 60'	3 CHEMICAL 50'	C GET WET 30'	2 BODY PUMP 50'	3 CHEMICAL 50'	
	15:00H C GET SIX PACK 15'	C GET UPER BODY 15'	C GET SIX PACK 15'	C GET LOW BODY 15'	C GET FULL BODY 15'		
	16:00H C GET UPER BODY 15'	C GET FULL BODY 15'	C GET LOW BODY 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
	17:00H C GET SIX PACK 15'	C GET LOW BODY 15'	C GET FULL BODY 15'	C GET UPER BODY 15'	C GET HIIT 15'		
	17:30H 2 LOCAL 50'	2 BUMBUM 50'	1 PILATES 50'	3 CHEMICAL 50'	4 CYCLING 50'		
	18:00H C GET LOW BODY 15'	C GET SIX PACK 15'	C GET FULL BODY 15'	C GET UPER BODY 15'	C GET SIX PACK 15'		
	18:15H				3 CHEMICAL 50'		
18:20H 3 CHEMICAL 50'		2 ZUMBA KIDS 50'					
NOITE 🌙	18:30H 2 FUNCIONAL KIDS 50'	3 CHEMICAL 50'	C CROSS TRAINING 60'	4 CYCLING 50'	2 LOCAL 50'	C CROSS TRAINING 60'	
	4 RIDING 50'	2 BODY PUMP 50'	3 CHEMICAL 50'	1 PILATES 50'	A 50' JIU JITSU KIDS 3 CHEMICAL 50'	C GET HIIT 15'	
	18:45H C CROSS TRAINING 60'	4 50' CYCLING 50'	C CROSS TRAINING 60'		C 30' GET WET 30'		
	19:00H C GET SIX PACK 15'	C GET UPER BODY 15'	C GET SIX PACK 15'	C GET FULL BODY 15'	C 15' GET SIX PACK 15'	2 50' GAP 50'	
					1 50' YOGA 50'		
	19:20H 1 50' PILATES 50'	2 50' STEP 50'		2 50' FIT DANCE 50'	1 50' PILATES CLÍNICO 50'	3 50' CHEMICAL 50'	
	19:30H 3 50' CHEMICAL 50'	2 50' BODYJUMP 50'	A 50' BOXE 50'	3 50' CHEMICAL 50'	A 50' JIU JITSU 50'	4 50' CYCLING 50'	
	A 50' BOXE 50'	1 50' YOGA 50'	4 50' RIDING 50'	2 50' BODY PUMP 50'			
	19:45H 4 50' CYCLING 50'	C 30' GET WET 30'					
	20:00H C 15' GET SIX PACK 15'	C 15' GET UPER BODY 15'	C 15' GET LOW BODY 15'	C 30' GET WET 30'	C 15' GET FULL BODY 15'	C 15' GET SIX PACK 15'	4 50' RIDING 50'
20:15H C 60' CROSS TRAINING 60'	A 50' JIU JITSU 50'	1 50' BUMBUM 50'	1 50' ZUMBA 50'	1 50' PILATES 50'			
20:30H A 50' KICK BOXING 50'	2 50' LOCAL 50'	A 50' KICK BOXING 50'	2 50' BODY JUMP 50'	4 50' RIDING 50'	C 60' CROSS TRAINING 60'		
2 50' GAP 50'	3 50' CHEMICAL 50'	4 50' CYCLING 50'	C 60' CROSS TRAINING 60'				
20:45H 4 50' RIDING 50'							
21:00H C 15' GET UPER BODY 15'	C 15' GET LOW BODY 15'	C 15' GET FULL BODY 15'	C 15' GET UPER BODY 15'	C 15' GET SIX PACK 15'			