

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☽	07:15H 4 CYCLING 50'	3 CHEMICAL 50'	C CROSS TRAINING 50'	4 CYCLING 50'	C CROSS TRAINING 60'		
	09:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
	09:15H 3 CHEMICAL 50'	1 PILATES CLÍNICO 50'	2 YOURFIT JUMP 50'	1 PILATES 50'	4 CYCLING 50'		
	10:00H					4 CYCLING 50'	
	10:30H 4 CYCLING 50'	2 BODY PUMP 50'	1 PILATES 50'	3 CHEMICAL 50'	2 GAP 50'	3 CHEMICAL 50'	
	11:00H						4 CYCLING 50'
TARDE ☀	11:15H					1 PILATES 50'	
	12:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
	12:15H		A BOXE 50'				
	12:45H 1 PILATES CLÍNICO 50' 2 GET HIIT 45'	3 CHEMICAL 50'	4 CYCLING 50'	2 BODY PUMP 50'	3 CHEMICAL 50'		
	15:00H						
NOITE 🌙	16:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
	17:00H		C GET SIX PACK 15'			4 CYCLING 50'	
	17:30H 2 LOCAL 50'	2 BUMBUM 50'	1 PILATES 50'	3 CHEMICAL 50'	4 CYCLING 50'		
	18:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
	18:15H				3 CHEMICAL 50'		
	18:20H 3 CHEMICAL 50'				2 STEP 50'		
	18:30H 4 RIDING 50'	3 CHEMICAL 50'	C CROSS TRAINING 60' 4 CYCLING 50'	2 LOCAL 50'	C CROSS TRAINING 60'		
			2 BODY PUMP 50'	3 CHEMICAL 50' 1 PILATES 50'	3 CHEMICAL 50'		
	18:45H C CROSS TRAINING 60'	4 CYCLING 50' C CROSS TRAINING 60'		C GET WET 30'			
	19:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	2 GAP 50'	1 YOGA 50'	
19:20H 1 PILATES 50' 2 STEP 50'		2 FIT DANCE 50'	1 PILATES CLÍNICO 50'	3 CHEMICAL 50'			
19:30H 3 CHEMICAL 50'	2 BODYJUMP 50'	A BOXE 50' 3 CHEMICAL 50'	A JIU JITSU 50' 4 CYCLING 50'	C CROSS TRAINING 60'			
	A BOXE 50'	1 YOGA 50'	4 RIDING 50'	2 BODY PUMP 50'			
19:45H 4 CYCLING 50'		2 GET HIIT 50'					
20:00H C GET SIX PACK 15'	C GET SIX PACK 15'			C GET SIX PACK 15' 4 RIDING 50'			