

GET	EXCITED IN FELGUE	EIRAS										EM VIGU	IK A PAKTIK DE T DE JUL
		SEGUNDA-	FEIRA	TERÇA-	FEIRA	QUART	A-FEIRA	QUINTA-FE	RA	SEXTA-FEI	RA	SÁBADO	DOMINGO
TARDE * MANHÃ K-	07:15H	4 Cycling	50'	3 Chemical	50'	C CROSS TRAIN		4 Cycling	50'	C CROSS TRAINING	60'		
	09:00H	© GET SIX PACK	15'	© Get six pack	15'	© Get six pac		© Get six pack	15'	© Get six pack	15'		
	09:15H	3 GHEMICAL	50'	① Pilates Clíni	50'		50'	① PILATES	50'	(4) Cycling	50'		
	10:00H	OTEMIONE		TENTEO DEMI		TOO!!! 11 JO!		TIENTES		0.020		4 50'	
	10:30H	4 Cycling	50'	2 RODY BUMB	50'	① PILATES	50'	3 CHEMICAL	50'	2 GAP	50'	③ 50' CHEMICAL	
	11:00H	GYCLING		BODY PUMP		PILATES		GHEMIGAL		GAP		CHEMICAL	4 50°
	11:15H											[] 50'	CTCLING
	12:00H		15'	C	15'			<u>C</u>	15'		15'	PILATES	
	12:15H	GET SIX PACK		GET SIX PACK	50'	GET SIX PAC	K	GET SIX PACK		GET SIX PACK			
	12:45H	1 50' (Pilates Clínico (2 45'	BOXE 3	50'	4	50'		50'	_	50'		
	15:00H	CLÍNICO (GET HIIT	CHEMICAL		CYCLING		BODY PUMP		CHEMICAL			
NOITE (16:00H	C	15'		15'	_		C	15'		15'		
	17:00H	GET SIX PACK		GET SIX PACK		GET SIX PAC	15'	GET SIX PACK		GET SIX PACK		4 50'	
	17:30H	2	50'		50'	GET SIX PAC		3	50'			CYCLING	
	18:00H	LOCAL	15'	BUMBUM		PILATES		CHEMICAL		C	15'		
	18:15H	GET SIX PACK		GET SIX PACK		GET SIX PAC	K	GET SIX PACK		GET SIX PACK	50'		
		3	50'							CHEMICAL 4 50' 2] 50'		
	18:20H	CHEMICAL 4	50'	3	50'	C 60,	4 50'	2	50'	CYCLING ST			
	18:30H	RIDING		CHEMICAL 2	50'	CROSS TRAINING 3 50'		LOCAL	50'	CROSS TRAINING			
	40.450	C	60'	BODY PUMP 4 50'	(C) 60°	CHEMICAL	PILATES	CHEMICAL ©	30'				
	18:45H	CROSS TRAININ		CYCLING		<u>C</u>	15'	GET WET	15'	0	50'		
	19:00H	GET SIX PACK		GET SIX PACK		GET SIX PAC	K	GET SIX PACK		YOGA			
		① 50' (2	2 50°			2	50'	0	50'	3 50' 2	50'		
	19:20H	PILATES S	STEP 50'	2	50'	FIT DANCE		PILATES CLÍNICO 4		CHEMICAL GA			
	19:30H	CHEMICAL		BODYJUMP	50'	BOXE	CHEMICAL	CYCLING	50'	CROSS TRAINING			
		BOXE 4	50'	YOGA		RIDING 2	50'	BODY PUMP					
	19:45H	CYCLING	15'	C	15'	GET HIIT				C	15'		
	20:00H	GET SIX PACK		GET SIX PACK		1	50'			GET SIX PACK	50'		
	20:15H	CROSS TRAININ	IG	2	_50'	BUMBUM A 50'		4	50'	RIDING			
	20:30H	KICK BOXING		LOCAL 3		KICK BOXING	CYCLING 50°	RIDING					
		GAP		CHEMICAL	15'	JUMP		CROSS TRAINING PA	T SIX ICK				
	20:45H	RIDING		GET SIX PACK									
	21:00H												

