

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ	07:15H CYCLING 50'	CHEMICAL 50'	CROSS TRAINING 50'	CYCLING 50'	CROSS TRAINING 60'		
	09:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	09:15H CHEMICAL 50'	PILATES CLÍNICO 50'	YOURFIT JUMP 50'	PILATES 50'	CYCLING 50'		
	10:00H					CYCLING 50'	
	10:30H CYCLING 50'	BODY PUMP 50'	PILATES 50'	CHEMICAL 50'	GAP 50'	CHEMICAL 50'	
	11:00H						CYCLING 50'
TARDE	11:15H					PILATES 50'	
	12:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	12:15H		BOXE 50'				
	12:45H PILATES CLÍNICO 50'	GET HIIT 45'	CHEMICAL 50'	CYCLING 50'	BODY PUMP 50'	CHEMICAL 50'	
	15:00H						
	16:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
NOITE	17:00H		GET SIX PACK 15'			CYCLING 50'	
	17:30H LOCAL 50'	BUMBUM 50'	PILATES 50'	CHEMICAL 50'			
	18:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'		
	18:15H				CHEMICAL 50'		
	18:20H CHEMICAL 50'				CYCLING 50'	STEP 50'	
	18:30H RIDING 50'	CHEMICAL 50'	CROSS TRAINING 60'	CYCLING 50'	LOCAL 50'	CROSS TRAINING 60'	
			BODY PUMP 50'	CHEMICAL 50'	PILATES 50'	CHEMICAL 50'	
	18:45H CROSS TRAINING 60'	CYCLING 50'	CROSS TRAINING 60'		GET WET 30'		
	19:00H GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	GET SIX PACK 15'	YOGA 50'	
	19:20H PILATES 50'	STEP 50'		FIT DANCE 50'	PILATES CLÍNICO 50'	CHEMICAL 50'	GAP 50'
	19:30H CHEMICAL 50'	BODYJUMP 50'	BOXE 50'	CHEMICAL 50'	CYCLING 50'	CROSS TRAINING 60'	
		BOXE 50'	YOGA 50'	RIDING 50'	BODY PUMP 50'		
	19:45H CYCLING 50'			GET HIIT 50'			
20:00H GET SIX PACK 15'	GET SIX PACK 15'				GET SIX PACK 15'		
20:15H CROSS TRAINING 60'			BUMBUM 50'		RIDING 50'		
20:30H KICK BOXING 50'	LOCAL 50'	KICK BOXING 50'	CYCLING 50'	RIDING 50'			
	GAP 50'	CHEMICAL 50'	JUMP 50'	CROSS TRAINING 60'	GET SIX PACK 15'		
20:45H RIDING 50'	GET SIX PACK 15'						
21:00H							