

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☽	07:15H	4 50' CYCLING	3 50' CHEMICAL	2 50' CROSS TRAINING	4 50' CYCLING	2 50' CROSS TRAINING	
	09:00H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	1 50' PILATES	
	09:15H	3 50' GHEMICAL	1 50' PILATES CLÍNICO	2 50' JUMP	1 50' PILATES		
	10:00H	4 50' CYCLING					4 50' CYCLING
TARDE ☀	10:30H		2 50' BODY PUMP	1 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' GAP	3 50' CHEMICAL, 2 50' CROSS TRAINING
	11:00H						4 50' CYCLING
	11:15H					1 50' PILATES	
	12:00H						
	12:15H						
	12:45H	1 50' PILATES CLÍNICO, 2 45' GET HIIT	3 50' CHEMICAL	4 50' CYCLING	2 50' BODY PUMP	3 50' CHEMICAL	
	15:00H						
	16:00H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	
	17:00H						4 50' CYCLING
	17:30H	2 50' LOCAL	2 50' BUMBUM	2 50' LOCAL	3 50' CHEMICAL	2 50' HIIT	
NOITE 🌙	18:00H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	
	18:15H						
	18:20H					2 50' STEP	
	18:30H	3 50' CHEMICAL	3 50' CHEMICAL	1 50' PILATES, 3 50' CHEMICAL	2 50' LOCAL		
			2 50' BODY PUMP		3 50' CHEMICAL		
	18:45H	2 50' CROSS TRAINING, 4 50' RIDING	4 50' CYCLING, 2 50' CROSS TRAINING	2 50' STEP, 2 50' CROSS TRAINING		3 50' CHEMICAL	
	19:00H	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK, 4 50' CYCLING	2 15' GET SIX PACK		
	19:10H					1 50' YOGA	
	19:20H	1 50' PILATES			1 50' PILATES CLÍNICO		
	19:30H	3 50' CHEMICAL, 2 50' STEP	2 50' BODYJUMP	4 50' BOXE, 3 50' CHEMICAL	4 50' CYCLING	2 50' GAP	
	4 50' BOXE	1 50' YOGA	3 50' CHEMICAL	2 50' BODY PUMP			
19:45H	4 50' RIDING						
20:00H		2 15' GET SIX PACK, 3 50' CHEMICAL	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK		
20:15H	2 50' CROSS TRAINING		4 50' RIDING				
20:20H			1 50' BUMBUM				
20:30H	4 50' KICK BOXING, 2 50' GAP	2 50' LOCAL	4 50' KICK BOXING, 2 50' JUMP	2 50' CROSS TRAINING	4 50' RIDING		
20:45H							
21:00H		2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK			

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 4RD STAGE C CROSS STAGE A ARENA STAGE