

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