

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
<b>MANHÃ</b> ☀	07:15H	C 50' CROSS TRAINING	B 50' CHEMICAL	C 50' CROSS TRAINING	B 50' CHEMICAL	C 50' CROSS TRAINING	
	09:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK		
	09:15H		B 50' PILATES CLÍNICO		B 50' PILATES	B 50' PILATES	
	10:00H	A 50' CYCLING		C 50' HIIT			A 50' CYCLING
	10:30H		B 50' BUMBUM	B 50' PILATES CLÍNICO	B 50' CHEMICAL		B 50' CHEMICAL
	11:00H						A 50' CYCLING
	11:15H					B 50' PILATES	
<b>TARDE</b> ☀	12:45H	C 50' CROSS TRAINING	B 50' PILATES CLÍNICO	B 50' CHEMICAL	A 50' CYCLING	B 50' BODY PUMP	B 50' GAP
	16:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	
	17:00H						A 50' CYCLING
	17:30H	B 50' LOCAL	B 50' BUMBUM	B 50' LOCAL	B 50' GAP	B 50' HIIT	
	18:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	
	18:30H	B 50' CHEMICAL	B 50' BODY PUMP	B 50' PILATES	B 50' LOCAL	C 50' CROSS TRAINING	
			B 50' CHEMICAL	C 50' CROSS TRAINING	B 50' CHEMICAL	B 50' CHEMICAL	B 50' STEP
18:45H	C 50' CROSS TRAINING	A 50' CYCLING	C 50' CROSS TRAINING		B 50' CHEMICAL		
	A 50' RIDING		A 50' CYCLING				
19:00H	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			
19:10H					B 50' YOGA		
19:20H	B 50' PILATES		B 50' JUMP	B 50' PILATES CLÍNICO			
19:30H	A 50' BOXE	B 50' HIIT	C 50' CROSS TRAINING	B 50' CHEMICAL	A 50' CYCLING	B 50' GAP	
	B 50' CHEMICAL	B 50' YOGA		A 50' BOXE			
19:45H	A 50' CYCLING		A 50' RIDING	B 50' BODY PUMP			
20:00H	B 50' GAP	C 15' GET SIX PACK	B 50' CHEMICAL	C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK	
20:30H	A 50' KICKBOXING		B 50' BUMBUM	C 50' CROSS TRAINING			
			A 50' KICKBOXING				
21:00H		C 15' GET SIX PACK	C 15' GET SIX PACK	C 15' GET SIX PACK			

☀ 1ST STAGE ☀ 2ND STAGE ☀ 3RD STAGE ☀ 4RD STAGE ☀ ARENA STAGE