

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO				
MANHÃ ☽	07:15H	1 50' RIDING	2 50' CROSS TRAINING	3 50' PILATES	2 50' CROSS TRAINING	3 50' CHEMICAL	3 50' GAP				
	09:00H										
	09:30H	3 50' YOGA	2 50' CHEMICAL	3 50' BODY & MIND	3 50' LOCAL	2 50' CHEMICAL					
	09:45H	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK					
	10:00H					3 50' PILATES					
TARDE ☀	10:30H	2 50' CHEMICAL	3 50' BODY PUMP	3 50' ZUMBA	1 50' SCHWINN	3 50' PILATES CLÍNICO	2 50' CHEMICAL				
	10:45H					3 15' GET SIX PACK					
	11:00H					1 50' SCHWINN	1 50' RIDING				
	12:45H	3 50' CROSS TRAINING	3 50' LOCAL	1 50' SCHWINN	3 50' PILATES AVANÇADO	2 50' CHEMICAL					
	15:00H					3 50' ZUMBA					
	16:00H										
	16:30H	3 50' GAP	1 50' SCHWINN	3 50' BODY & MIND	3 50' BODY PUMP	3 50' BUMBUM					
	16:45H	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK					
	17:00H										
	17:30H	1 50' SCHWINN	3 50' PILATES	3 50' GAP	3 50' YOGA	3 50' SCHWINN					
	17:45H	2 50' CHEMICAL	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK	3 15' GET SIX PACK					
	18:00H										
NOITE 🌙	18:30H	3 50' YOURFIT JUMP	1 50' SCHWINN	2 50' CHEMICAL	3 50' LOCAL	3 50' BODY PUMP	3 50' CROSS TRAINING	3 50' BUMBUM	2 50' CHEMICAL	3 50' PILATES	2 50' CHEMICAL
	18:45H	3 15' GET SIX PACK	2 15' GET SIX PACK			2 15' GET SIX PACK	2 15' GET SIX PACK				
	19:00H	2 50' CHEMICAL	1 50' SCHWINN	2 50' CHEMICAL	1 50' SCHWINN						
	19:00H	3 50' CROSS TRAINING		1 50' SCHWINN	3 50' CROSS TRAINING	1 50' SCHWINN					
	19:15H					3 50' CROSS TRAINING					
	19:30H	3 50' BODY PUMP	2 50' CHEMICAL	3 50' ZUMBA		2 50' CHEMICAL	3 50' BODY PUMP				
	19:45H	2 50' CHEMICAL	3 50' CROSS TRAINING	1 50' SCHWINN	2 50' CHEMICAL	3 50' PILATES					
	20:00H	3 15' GET SIX PACK		3 15' GET SIX PACK	2 15' GET SIX PACK						
	20:15H		2 15' GET SIX PACK			2 15' GET SIX PACK					
	20:30H	3 50' PILATES	3 50' YOGA								

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 CROSS STAGE



GET EXCITED