

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO	
MANHÃ ☀	07:00H	1 50' BODY PUMP	2 50' CROSS TRAINING	1 50' PILATES CLÍNICO	3 50' CHEMICAL	2 50' CYCLING		
	08:00H	1 50' TOTAL TRAINING	2 15' GET SIX PACK	2 50' CYCLING	2 15' GET SIX PACK	2 15' GET SIX PACK		
	09:00H	1 50' PILATES	3 50' CHEMICAL	1 50' BUMBUM	2 50' CYCLING	2 50' CROSS TRAINING		
	09:30H	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	1 50' PILATES	
	10:00H					1 50' LOCAL	2 15' GET SIX PACK	
TARDE ☀	10:15H	1 50' LOCAL	1 50' PILATES	2 50' CYCLING	1 50' GAP	1 50' YOGA	3 50' CHEMICAL	
	10:30H	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	2 15' GET SIX PACK	
	11:00H					2 50' CYCLING		
	11:30H						1 50' COMBAT	
	12:00H					2 50' CYCLING		
	12:45H	3 50' CHEMICAL	2 50' CYCLING	2 50' CROSS TRAINING	1 50' PILATES CLÍNICO	1 50' BODY PUMP		
	15:00H	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		
	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		
	16:30H	1 50' BUMBUM	1 50' PILATES	1 50' LOCAL	1 50' PILATES CLÍNICO	3 50' CHEMICAL		
	17:15H	2 15' GET SIX PACK	2 50' CYCLING	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK		
	NOITE 🌙	17:30H	1 50' YOGA	3 50' CHEMICAL	2 50' CYCLING	3 50' CHEMICAL	1 50' BUMBUM	
		18:00H	2 15' GET SIX PACK	1 50' PILATES CLÍNICO	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK	2 15' GET SIX PACK
		18:15H	3 50' CHEMICAL	2 50' CROSS TRAINING	2 50' CYCLING	3 50' CHEMICAL	2 50' CYCLING	
		18:30H	1 50' BODY PUMP	2 50' CROSS TRAINING	1 50' PILATES	1 50' JUMP	1 50' ZUMBA	
			2 50' CYCLING	3 50' CHEMICAL	2 50' CROSS TRAINING	3 50' CHEMICAL	2 50' CROSS TRAINING	
19:00H		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		
19:15H		3 50' CHEMICAL	1 50' BODY PUMP	2 50' CYCLING	2 50' CROSS TRAINING	3 50' CHEMICAL		
19:30H		1 50' JUMP	2 50' RIDING	1 50' GAP	1 50' PILATES	1 50' BODY PUMP		
		2 50' CROSS TRAINING	3 50' CHEMICAL	2 50' CROSS TRAINING		2 50' CYCLING		
20:00H		2 50' CYCLING	2 15' GET SIX PACK	2 15' GET SIX PACK	2 50' RIDING	2 15' GET SIX PACK		
20:30H	1 50' PILATES	1 50' ZUMBA	1 50' YOGA	1 50' BODY PUMP				

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



GET EXCITED