

		SEGUNDA-FEIRA		TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
É	07:00H	① BODY PUMP		© 50' Cross training	① 50' PILATES CLÍNICO	3 50'	② 50' CYCLING		
MANHÃ 🌣	08:00H	① TOTAL TRAINING		© 15' GET SIX PACK	② 50'	© 15' Get six pack	© 15' Get six pack		
Σ	09:00H	0	50'		① 50°	2 50'	© 50'		
		PILATES			BUMBUM 15'	CYCLING 15'	CROSS TRAINING  [] 15'	<b>1</b> 50'	
	09:30H	GET SIX PACK		GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	PILATES	
								1 50'	C 15'
	10:00H							LOCAL	GET SIX PACK
	10:15H		50'					3 50'	
		LOCAL		PILATES	CYCLING	GAP	YOGA	CHEMICAL	C 500
	10:30H	© Get six pack	15'	GET SIX PACK	© 15' GET SIX PACK	© 15' GET SIX PACK	© 15' Get six pack		② 50' CYCLING
		DET SIX PAUK		DET SIX PACK	DET SIX PACK	DET SIX PAGE	GET SIX PACK	GET SIX PACK  2 50'	CYCLING
	11:00H							CYCLING	
*	11:30H								① 50' COMBAT
TARDE	12:00H							2 50' CYCLING	
	12:45H	3	50'	2 50'	C 50'	① 50°	① 50°		
	12.4011	CHEMICAL		CYCLING	CROSS TRAINING	PILATES CLÍNICO	BODY PUMP		
	15:00H		15'				C 15°		
		GET SIX PACK	-	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	16:00H		15'		© 15'		© 15'		
		GET SIX PACK	50'	GET SIX PACK  50'	GET SIX PACK  1 50'	GET SIX PACK  1 50'	GET SIX PACK  3 50'		
	16:30H	BUMBUM		PILATES	LOCAL	PILATES CLÍNICO	CHEMICAL		
							C 15'		
	17:15H	GET SIX PACK		CYCLING	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	17.0011	<b>D</b>	50'	<b>3</b> 50'	2 50'	<b>3</b> 50°	① 50°		
( (C	17:30H	YOGA		CHEMICAL	CYCLING	CHEMICAL	BUMBUM		
NOITE	18:00H					<b>©</b> 15'		© 15'	
Z		GET SIX PACK			GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	
	18:15H	3 50' C CROSS CHEMICAL TRAINING	50' G	2 50' CYCLING	3 50'	② 50' Cycling			
			50'				① 50°		
		BODY PUMP		CROSS TRAINING	PILATES	JUMP	ZUMBA		
	18:30H	2	50'	<b>3</b> 50'	© 50'	<b>3</b> 50'	© 50°		
		CYCLING		CHEMICAL	CROSS TRAINING	CHEMICAL	CROSS TRAINING		
	19:00H	C				<b>©</b> 15'	© 15'		
		GET SIX PACK		GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	19:15H				_		3 50'		
		CHEMICAL	_	BODY PUMP	CYCLING 50'	CROSS TRAINING  50'	CHEMICAL 50°		
	19:30H	① JUMP		② 50' RIDING	① 50' GAP	PILATES	① 50' Body Pump		
					© 50'		2 50'		
		CROSS TRAINING		CHEMICAL	CROSS TRAINING		CYCLING		
	20.000		50'			2 50'	© 15'		
	20:00H	CYCLING		GET SIX PACK	GET SIX PACK	RIDING	GET SIX PACK		
	20:30H					① 50°			
		PILATES		ZUMBA	YOGA	BODY PUMP			



