PHYSICAL®

MAPA DE AULAS

EM VIGOR A PARTIR DE 07 DE AGO.

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ 07:00H	3 50' CYCLING	C 50' CROSS TRAINING	2 50' LOCAL	C 50' CROSS TRAINING			
09:00H	C 15' SIX PACK 2 50' PILATES	C 15' SIX PACK 2 50' LOCAL	C 15' SIX PACK 3 50' CYCLING	C 15' SIX PACK 2 50' YOGA	C 15' SIX PACK C 50' CROSS TRAINING	3 50' CYCLING	
10:00H		2 50' PILATES				2 50' LOCAL	
11:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	2 50' RITMOS 1 50' PILATES	3 50' CYCLING
TARDE 12:45H	2 50' GAP	3 50' CYCLING	2 50' PILATES	2 50' LOCAL	3 50' CYCLING		
16:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		
17:30H	1 50' PILATES	2 50' LOCAL					
17:45H	2 50' RITMOS	3 50' CYCLING	2 50' STEP		2 50' LOCAL		
18:15H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK 1 50' YOGA	C 15' SIX PACK		
NOITE 18:30H	3 50' CYCLING	1 50' PILATES CLÍNICO 2 50' BODY PUMP	3 50' CYCLING	C 50' CROSS TRAINING 2 50' BUMBUM	3 50' CYCLING		
18:45H	2 50' LOCAL C 15' SIX PACK	C 50' CROSS TRAINING C 15' SIX PACK	2 50' PILATES C 15' SIX PACK	3 50' CYCLING C 15' SIX PACK	C 15' SIX PACK 2 50' PILATES		
19:15H			C 50' CROSS TRAINING				
19:30H	C 15' SIX PACK C 50' CROSS TRAINING	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK 2 50' PILATES	C 15' SIX PACK		
19:45H	3 50' CYCLING		3 50' CYCLING				
20:00H	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK	C 15' SIX PACK		

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE C CROSS STAGE A ARENA STAGE