

		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	4 50' CROSS TRAINING	2 50' CHEMICAL	3 50' GAP	
	09:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK		
	09:15H							
	09:30H	3 50' YOGA	2 50' CHEMICAL	3 50' BODY & MIND	3 50' LOCAL			
	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	
	11:00H					1 50' SCHWINN	1 50' RIDING	
	12:00H							
	12:45H	6 50' CROSS TRAINING	3 50' LOCAL	1 50' SCHWINN	3 50' PILATES AVANÇADO	2 50' CHEMICAL		
	15:00H						3 50' ZUMBA	
	16:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK		
	16:30H	3 50' GAP	1 50' SCHWINN	3 50' BODY & MIND	3 50' BODY PUMP	3 50' LOCAL		
	17:00H	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK	6 15' GET SIX PACK		
	17:30H	1 50' SCHWINN	3 50' PILATES	3 50' GAP	3 50' YOGA	3 50' SCHWINN		
	17:45H							
NOITE	18:00H	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		
	18:15H							
	18:30H	3 50' YOURFIT JUMP	2 50' CHEMICAL	3 50' LOCAL	3 50' BODY PUMP	6 50' CROSS TRAINING	3 50' BUMBUM	2 50' CHEMICAL
	18:35H							
	18:45H	2 50' CHEMICAL	1 50' SCHWINN	2 50' CHEMICAL	1 50' SCHWINN			
	19:00H	6 50' CROSS TRAINING	2 15' GET SIX PACK	1 50' SCHWINN	6 50' CROSS TRAINING	1 50' SCHWINN	2 15' GET SIX PACK	
	19:15H					6 50' CROSS TRAINING		
	19:30H	3 50' BODY PUMP	2 50' CHEMICAL	3 50' ZUMBA	3 50' PILATES	2 50' CHEMICAL		
	19:35H							
	19:45H	2 50' CHEMICAL	6 50' CROSS TRAINING	1 50' SCHWINN		1 50' SCHWINN		
	20:00H	6 15' GET SIX PACK		6 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