

		SEGUND	A-FEIRA	TERÇA-F	EIRA	QUARTA-FE	IRA	QUINTA-FEIRA		SEXTA-FEIR/	1	SÁBADO		DOMINGO	
	07:15H	f] 50°	C 50'		50'	0	50'	2	50'	3	50'				
MANHÃ 🤃		RIDING	CROSS TRAINING 15'	PILATES	15'	CROSS TRAINING	15'	CHEMICAL	15'	GAP C	15'				
MAN	09:00H	GET SIX PAC		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK					
	09:15H														
	09:30H	3	50'	2	50'	3	50'		50'						
	10:00H	YOGA		CHEMICAL		BODY & MIND		LOCAL				3	50'		
	10.0011	2	50'	3	50'	গ্ৰ	50'	П	50'	3	50'	PILATES 2	50'		
	10:30H	CHEMICAL		BODY PUMP		ZUMBA		SCHWINN		PILATES CLÍNICO		CHEMICAL			
	11:00H											① Schwinn	50'	T RIDING	50'
×	12:00H														
TARDE *	12:45H	C	50'	3	50'	1	50'	3	50'	2	50'				
Τ	12.4011	CROSS TRAIN	NING	LOCAL		SCHWINN		PILATES AVANÇADO		CHEMICAL		3	50'		
	15:00H											ZUMBA			
	16:00H	© Get six pac		© Get six pack	15'	© Get six pack	15'	© Get six pack	15'	© Get six pack	15'				
	16:30H	3	50'		50'	3	50'	3	50'	③ LOCAL	50'				
	17:00H	GAP C	15'	SCHWINN	15'	BODY & MIND	15'	BODY PUMP	15'	C	15'				
		GET SIX PAC	K 50'	GET SIX PACK	50'	GET SIX PACK	50'	GET SIX PACK 3	50'	GET SIX PACK	50°				
	17:30H	SCHWINN		PILATES		GAP		YOGA		SCHWINN					
	17:45H														
	18:00H	② GET SIX PAC		② GET SIX PACK	15'	② GET SIX PACK	15'	② GET SIX PACK		② GET SIX PACK	15'				
	18:15H	GET SIX PAGE	N.	GET SIX PACK		GET SIX PACK		DET SIX PAUK		GET SIX PAUK					
_		3	50'	2 50'	3 50'	3 50° C	50'	3 50° 2	50'	3 50' 2	50'				
NOITE 🕝	18:30H	YOURFIT JUN	1P	CHEMICAL	LOCAL	BODY PUMP TR	OSS AINING	3 50 2 Bumbum Chen	MICAL	PILATES CHE	MICAL				
NOI	18:35H														
	18:45H	2 CHEMICAL	50'	① SCHWINN	50'	2 CHEMICAL	50'	① SCHWINN	50'						
	19:00H	© CILIMICAL	50'	2	15'	٥	50'	C	50'	1 50' 2 GET SCHWINN SIX I	15'				
		CROSS TRAN	ING	GET SIX PACK		SCHWINN		CROSS TRANING		SCHWINN SIX	PACK 50'				
	19:15H		501	G 50	G 50'		501		501	CROSS TRANING					
	19:30H	③ Body Pump		② 50' Chemical	ZUMBA	(3) Pilates	50"	② CHEMICAL	50'						
	19:35H														
	19:45H	2 CHEMICAL	50'	© 50' Cross Training	D 50'			① SCHWINN	50'						
	20:00H	© Get six pac	15'			© Get six pack	15'	② GET SIX PACK	15'						
	20:30H	3		3	50'	OLT SIX PAUX		OLI SIA PAUK							
		PILATES		YOGA											



