

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

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