

MANHÃ

TARDE

NOITE

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
07:00H	1 BODY PUMP 50'	2 CROSS TRAINING 50'	1 PILATES CLÍNICO 50'	3 CHEMICAL 50'	2 CYCLING 50'		
08:30H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'		
09:00H	1 PILATES 50'	3 CHEMICAL 50'	1 BUMBUM 50'	2 CYCLING 50'	2 CROSS TRAINING 50'		
09:30H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	1 PILATES 50'	
10:00H						3 CHEMICAL 50'	2 GET SIX PACK 15'
10:15H	1 LOCAL 50'	1 PILATES 50'	2 CYCLING 50'	1 GAP 50'	1 YOGA 50'		
10:30H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	1 LOCAL 50'	2 GET SIX PACK 15'
11:00H						2 CYCLING 50'	2 GET SIX PACK 15'
12:45H	3 CHEMICAL 50'	2 CYCLING 50'	2 CROSS TRAINING 50'	1 PILATES CLÍNICO 50'	1 BODY PUMP 50'		
15:00H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'		
16:00H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'		
16:30H	1 BUMBUM 50'	1 PILATES 50'	1 LOCAL 50'	1 PILATES CLÍNICO 50'	3 CHEMICAL 50'		
17:00H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'		
17:30H	1 YOGA 50'	3 CHEMICAL 50'	2 CYCLING 50'	3 CHEMICAL 50'	1 BUMBUM 50'		
18:00H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	
18:15H	3 CHEMICAL 50'	2 CYCLING 50'	3 CHEMICAL 50'	2 CYCLING 50'			
	2 CROSS TRAINING 50'	1 PILATES CLÍNICO 50'					
18:30H	1 BODY PUMP 50'	3 CHEMICAL 50'	1 PILATES 50'	3 CHEMICAL 50'	1 ZUMBA 50'		
	2 CYCLING 50'	2 CROSS TRAINING 50'	2 CROSS TRAINING 50'	1 JUMP 50'	2 CROSS TRAINING 50'		
19:00H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'		
19:15H	3 CHEMICAL 50'	1 BODY PUMP 50'	2 CYCLING 50'	2 CROSS TRAINING 50'	3 CHEMICAL 50'		
19:30H	1 JUMP 50'	2 RIDING 50'	1 GAP 50'	1 PILATES 50'	2 CYCLING 50'		
	2 CROSS TRAINING 50'	3 CHEMICAL 50'	2 CROSS TRAINING 50'				
20:00H	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'	2 GET SIX PACK 15'		
20:30H	1 PILATES 50'	1 ZUMBA 50'	1 YOGA 50'	1 BODY PUMP 50'			
	2 CYCLING 50'	2 CROSS TRAINING 50'	3 CHEMICAL 50'	2 RIDING 50'			

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



GET EXCITED