

		SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
_							ЗАВАВО	DOMINOO
\ <u>\</u>	07:00H	① 50' BODY PUMP	© 50' Cross training	① 50' Pilates Clínico	3 50' Chemical	② 50' Cycling		
MANHÃ	08:30H	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack		
2	00 0011		3 50'	① 50°		© 50'		
	09:00H	PILATES	CHEMICAL	ВИМВИМ	CYCLING	CROSS TRAINING		
	09:30H	C 15'	C 15'	C 15'	C 15'	C 15'	① 50°	
	00.0011	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	PILATES	
	10:00H						③ 50' CHEMICAL	© 15' GET SIX PACK
		① 50'	① 50'	② 50°	① 50'	① 50'		
	10:15H	LOCAL	PILATES	CYCLING	GAP	YOGA		
	10.2011	C 15'	C 15'	<u>C</u> 15'	C 15'	<u>C</u> 15'	① 50° <u>@</u> 15°	2 50'
	10:30H	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	LOCAL GET SIX PACK	CYCLING
	11:00H						2 50'	C 15'
_	11.0011						CYCLING	GET SIX PACK
- id	12:45H	3 50'	2 50'	© 50°		① 50°		
1 ×		CHEMICAL	CYCLING	CROSS TRAINING	PILATES CLÍNICO	BODY PUMP		
TARDE	15:00H					C 15'		
1		GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	16:00H	C 15'				© 15'		
		GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
	16:30H					3 50°		
		BUMBUM 15'	PILATES 15'	LOCAL 15'	PILATES CLÍNICO 15'	CHEMICAL 15'		
	17:00H	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack	© 15' Get six pack		
		1 50°		2 50°		1 50°		
	17:30H	YOGA	CHEMICAL	CYCLING	CHEMICAL	BUMBUM		
							C 15'	
	18:00H	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	
NOITE 🖳	18:15H	3 50'			2 50'			
		CHEMICAL	CYCLING	CHEMICAL	CYCLING			
		© 50'	① 50'					
Z		CROSS TRAINING	PILATES CLÍNICO					
		_	3 50'			① 50°		
	18:30H	BODY PUMP	CHEMICAL	PILATES	CHEMICAL	ZUMBA		
						© 50'		
		CYCLING	CROSS TRAINING	CROSS TRAINING	JUMP	CROSS TRAINING		
	19:00H	© 15'			© 15'	© 15'		
		GET SIX PACK [3] 50'	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK 3 50'		
	19:15H	③ 50' CHEMICAL	① 50' BODY PUMP	② 50' Cycling	© 50' Cross training	CHEMICAL 30		
		1 50'				2 50°		
		JUMP	RIDING	GAP	PILATES	CYCLING		
	19:30H	© 50°		© 50°		0.020		
		CROSS TRAINING	CHEMICAL	CROSS TRAINING				
	20.000	C 15'	C 15'	C 15'	C 15'	C 15'		
	20:00H	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK	GET SIX PACK		
		① 50°	① 50'	① 50°	① 50°			
	20:30H	PILATES	ZUMBA	YOGA	BODY PUMP			
		2 50'			2 50'			
		CYCLING	CROSS TRAINING	CHEMICAL	RIDING			



