



GET EXCITED	IN PAÇOS DE FERR	EIRA				GET EXCITED IN PAÇOS DE FERREIRA													
		SEGUNDA-FEIRA		TERÇA-FEIRA		QUARTA-FEIRA		QUINTA-FEIRA		SEXTA-FEIRA		SÁBADO		DOMINGO					
	07:15H	0	50'	1	50'	2	50'	3	50'	1	50'								
MANHÃ 🖺	07.100	CROSS TRAINING		BODY PUMP		CHEMICAL		CYCLING		PILATES CLÍNICO									
¥	08:30H	E	15'			_		Ē	15'		15'								
¥		GET SIX PACK		GET SIX PACI	(GET SIX PAC	K	GET SIX PAC	K	GET SIX PACK									
	09:00H																		
		E	15'	E	15'	E	15'	E	15'	Ē	15'	٥	50'						
	09:30H	GET SIX PACK		GET SIX PACI	(GET SIX PAC		GET SIX PAC		GET SIX PACK		YOGA							
	10:00H	2	50'	1	50'	1	50'	1	50'	0	50'	0	50'	1	50'				
	.0.00	CHEMICAL		PILATES CLÍN		GAP		PILATES CLÍI		CROSS TRAINING		CROSS TRAINING		PILATES CLÍNICO					
	10:30H	E ON PROV	15'				15'	E OF THE PAGE		E CET ON PAGE	15'	3	50'						
		GET SIX PACK		GET SIX PACI	(GET SIX PAC	K	GET SIX PAC	K	GET SIX PACK		CYCLING							
	11:00H																		
	11.00											2	50'	3	50'				
	11:30H											CHEMICAL		RIDING					
	12:40H	3	50'	C	50'		50'	2	50'	-	50'								
*		CYCLING	451	CROSS TRAIN		CYCLING	451	CHEMICAL	A.F.	ВИМВИМ	451								
	15:00H	© GET SIX PACK	15	© GET SIX PACI	15'	© GET SIX PAC		© GET SIX PAC		(F) Get six pack	15'								
TARDE *		E SIA PAGE	15'		15'		15'	E SIX PAU	n 15'		15'								
TAR	17:00H	GET SIX PACK		GET SIX PACI		GET SIX PAC		GET SIX PAC		GET SIX PACK									
	17:15H																		
	17.100																		
	17:30H	1	50'	2	50'		50'	1		2	50'								
		BUMBUM	15'	CHEMICAL	15'	GAP	15'	PILATES CLÍI		CHEMICAL	15'								
	18:15H	© GET SIX PACK	13	© Get six paci		© GET SIX PAC		E Get six pac		GET SIX PACK	10								
		① 50° 2	50'	① 50°		① 50°		① 50°		1	50'								
	18:30H	LOCAL CH	HEMICAL	PILATES CLÍNICO	CYCLING	BODY PUMP	CHEMICAL	BUMBUM	CYCLING	LOCAL									
	18:45H	3	50'	C	50'	3	50'	C		3	50'								
.		CYCLING		CROSS TRAIN	IING	CYCLING		CROSS TRAIR	NING	CYCLING									
NOITE	19:00H																		
		Ē	15'	E	15'	E	15'	E	15'	Ē	15'								
	19:15H	GET SIX PACK		GET SIX PACI		GET SIX PAC		GET SIX PAC		GET SIX PACK									
		2 50' C Chemical Th	50'	O	50'	1	50'	1	50'	0	50'								
	19:30H		RAINING	BUMBUM		PILATES CLÍ		JUMP		CROSS TRAINING									
		1 50° BODY PUMP		2	50'			2	50'										
		PUMP 3	50'	CHEMICAL 50'	ල 50'	CROSS TRAIL		CHEMICAL 50°	ল 50°	2	50'								
	19:45H	CYCLING	00	3 50' Riding	KICK BOXING	CYCLING	00	3 50°	KICK BOXING	CHEMICAL									
	00.004	E	15'	E	15'		15'	E		E	15'								
	20:00H	GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK		GET SIX PACK									
	20:15H																		
		G -	E0'-	<i>a</i>	F0'	a	501	a	- 50'										
	20:30H	20:30H PILATES CLÍNICO 50'		① 50' RITMOS		2 50' CHEMICAL		1 50' Yoga											
		PILATES GEINIGO		TITINOS		OTTENITORL		TOUA											
	20:35H																		



