

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H CROSS TRAINING 50'	1 BODY PUMP 50'	2 CHEMICAL 50'	3 CYCLING 50'	1 PILATES CLÍNICO 50'		
	08:30H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'		
	09:00H						
	09:30H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	1 YOGA 50'	
	10:00H 2 CHEMICAL 50'	1 PILATES CLÍNICO 50'	1 GAP 50'	1 PILATES CLÍNICO 50'	C CROSS TRAINING 50'	C CROSS TRAINING 50'	1 PILATES CLÍNICO 50'
	10:30H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	3 CYCLING 50'	
	11:00H						
	11:30H					2 CHEMICAL 50'	3 RIDING 50'
TARDE ☀	12:40H 3 CYCLING 50'	C CROSS TRAINING 50'	3 CYCLING 50'	2 CHEMICAL 50'	1 BUMBUM 50'		
	15:00H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'		
	17:00H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'		
	17:15H						
	17:30H 1 BUMBUM 50'	2 CHEMICAL 50'	1 GAP 50'	1 PILATES CLÍNICO 50'	2 CHEMICAL 50'		
	18:15H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'		
	18:30H 1 LOCAL 50' 2 CHEMICAL 50'	1 PILATES CLÍNICO 50' 3 CYCLING 50'	1 BODY PUMP 50' 2 CHEMICAL 50'	1 BUMBUM 50' 3 CYCLING 50'	1 LOCAL 50'		
	18:45H 3 CYCLING 50'	C CROSS TRAINING 50'	3 CYCLING 50'	C CROSS TRAINING 50'	3 CYCLING 50'		
NOITE 🌙	19:00H						
	19:15H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'		
	19:30H 2 CHEMICAL 50' C CROSS TRAINING 50'	1 BUMBUM 50'	1 PILATES CLÍNICO 50'	1 JUMP 50'	C CROSS TRAINING 50'		
	19:45H 3 CYCLING 50'	3 RIDING 50' C KICK BOXING 50'	3 CYCLING 50'	3 RIDING 50' C KICK BOXING 50'	2 CHEMICAL 50'		
	20:00H F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'	F GET SIX PACK 15'		
	20:15H						
	20:30H 1 PILATES CLÍNICO 50'	1 RITMOS 50'	2 CHEMICAL 50'	1 YOGA 50'			
	20:35H						