

	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 1 CHEMICAL 50'		3 RIDING 50'		C CROSS TRAINING 50'			
	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'			
	10:00H 1 BODY PUMP 50'	2 CHEMICAL 50'	1 GAP 50'	1 PILATES 50'	1 JUMP 50'	2 CHEMICAL 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'	1 LOCAL 50'		
TARDE ☀	11:00H					3 CYCLING 50'	3 RIDING 50'	
	12:45H 3 CYCLING 50'	1 PILATES CLÍNICO 50'	2 HIIT 50'	3 CYCLING 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'	1 RITMOS 50'		
	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	1 HIIT 50'		1 PILATES CLÍNICO 50'				
	17:30H 1 JUMP 50'		1 LOCAL 50'	2 CHEMICAL 50'	1 STEP 50'			
	18:00H f GET SIX PACK 15'	2 CHEMICAL 50'	f GET SIX PACK 15'	f GET SIX PACK 15'	f GET SIX PACK 15'	f GET SIX PACK 15'		
	18:15H 3 CYCLING 50'	1 PILATES CLÍNICO 50'	C CROSS TRAINING 50'	1 BODY PUMP 50'	2 CHEMICAL 50'			
	18:30H	2 CHEMICAL 50'	1 BUMBUM 50'	3 CYCLING 50'	3 RIDING 50'	1 JUMP 50'	C CROSS TRAINING 50'	1 BODY ATTACK 50'
		C CROSS TRAINING 50'		2 CHEMICAL 50'	3 CYCLING 50'	3 CYCLING 50'		
	19:00H f GET SIX PACK 15'	C CROSS TRAINING 50'	f GET SIX PACK 15'	f GET SIX PACK 15'	f GET SIX PACK 15'	f GET SIX PACK 15'		
	NOITE 🌙	19:15H	1 BODY PUMP 50'		1 JUMP 50'	C CROSS TRAINING 50'		
19:30H		1 STEP 50'	2 CHEMICAL 50'	1 BODY ATTACK 50'	3 CYCLING 50'	1 PILATES CLÍNICO 50'		
		C CROSS TRAINING 50'		3 CYCLING 50'	2 CHEMICAL 50'	1 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'	f GET SIX PACK 15'			
20:15H	3 CYCLING 50'	1 YOGA 50'	2 CHEMICAL 50'	1 YOGA 50'	3 RIDING 50'			
	2 CHEMICAL 50'	C KICK BOXING 50'	C CROSS TRAINING 50'					
20:30H 1 BODY ATTACK 50'	3 RIDING 50'	1 RITMOS 50'						

GET EXCITED 1ST STAGE 2ND STAGE 3RD STAGE 4RD STAGE CROSS STAGE ARENA STAGE ZONA DE FUNCIONAL