

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO
MANHÃ ☀	07:15H CROSS TRAINING 50'	3 CHEMICAL 50'	C CROSS TRAINING 50'	3 CHEMICAL 50'	C CROSS TRAINING 50'		
	09:00H GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'			
	09:15H	2 PILATES CLÍNICO 50'		2 PILATES 50'	2 PILATES 50'		
	10:00H 4 CYCLING 50'					4 CYCLING 50'	
	10:30H	2 BUMBUM 50'	2 PILATES CLÍNICO 50'	3 CHEMICAL 50'		3 CHEMICAL 50'	
	11:00H						4 CYCLING 50'
	11:15H					1 PILATES 50'	
TARDE ☀	12:45H C CROSS TRAINING 50' 2 PILATES CLÍNICO 50'	3 CHEMICAL 50'	4 CYCLING 50'	2 BODY PUMP 50'	2 GAP 50'		
	16:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
	17:00H					4 CYCLING 50'	
	17:30H 2 LOCAL 50'	2 BUMBUM 50'	2 LOCAL 50'	2 GAP 50'	2 HIIT 50'		
	18:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
	18:30H 3 CHEMICAL 50'	2 BODY PUMP 50'	1 PILATES 50'	2 LOCAL 50'	C CROSS TRAINING 50'		
		3 CHEMICAL 50' C CROSS TRAINING 50'	3 CHEMICAL 50'	3 CHEMICAL 50'	2 STEP 50'		
18:45H C CROSS TRAINING 50'	4 CYCLING 50'	C CROSS TRAINING 50'	C CROSS TRAINING 50'		3 CHEMICAL 50'		
	4 RIDING 50'		4 CYCLING 50'				
19:00H C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'				
19:10H					1 YOGA 50'		
19:20H 1 PILATES 50'			2 JUMP 50'	1 PILATES CLÍNICO 50'			
19:30H A BOXE 50'	2 HIIT 50' C CROSS TRAINING 50'	3 CHEMICAL 50'	4 CYCLING 50'	2 GAP 50'			
	3 CHEMICAL 50'	1 YOGA 50'	A BOXE 50'				
19:45H			4 RIDING 50'	2 BODY PUMP 50'			
20:00H 2 GAP 50'	C GET SIX PACK 15' 3 CHEMICAL 50'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'		
20:30H A KICK BOXING 50'			2 BUMBUM 50'	C CROSS TRAINING 50'			
			A KICKBOXING 50'				
21:00H		C GET SIX PACK 15'	C GET SIX PACK 15'	C GET SIX PACK 15'			

1 1ST STAGE 2 2ND STAGE 3 3RD STAGE 4 4RD STAGE C CROSS STAGE A ARENA STAGE



GET EXCITED