

	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO	DOMINGO				
MANHÃ	07:15H	3 50' CYCLING	1 15' GET HIT	1 45' BODY PUMP	1 15' GET HIT	1 60' CROSS TRAINING					
	07:30H		1 30' GET WET		1 30' GET WET						
	09:00H	1 15' GET LOW BODY	1 15' GET SIX PACK	1 15' GET UPER BODY	1 15' GET SIX PACK	1 15' GET FULL BODY					
	09:45H						1 45' MINDFULNESS				
TARDE	10:00H	2 45' LOCAL	2 45' RECHARGE	3 50' CYCLING	1 45' PILATES	1 45' PILATES CLÍNICO	1 50' BOXE KIDS				
	11:00H	1 30' GET WET		1 30' GET WET		1 30' GET WET	1 45' PILATES				
	12:00H	1 15' GET SIX PACK	1 15' GET LOW BODY	1 15' GET SIX PACK	1 15' GET FULL BODY	1 15' GET SIX PACK					
	12:15H	1 50' BOXE	1 30' GET WET		1 30' GET WET	1 50' BOXE	1 15' GET FULL BODY				
	12:45H	1 60' CROSS TRAINING	1 50' CYCLING	1 45' PILATES CLÍNICO	1 60' CROSS TRAINING	2 45' BUMBUM BRASIL	2 45' BODY PUMP	3 50' CYCLING			
	15:00H	1 15' GET SIX PACK	1 15' GET UPER BODY	1 15' GET SIX PACK	1 15' GET LOW BODY	1 15' GET FULL BODY					
NOITE	16:00H		1 30' GET WET		1 30' GET WET						
	17:30H			3 50' CYCLING	1 45' LOCAL						
	17:45H	2 45' PILATES	1 30' GET STEP		2 45' BODY ATTACK	3 45' ZUMBA					
	18:00H	1 15' GET LOW BODY	1 15' GET SIX PACK	1 15' GET FULL BODY	1 15' GET UPER BODY	1 15' GET SIX PACK	3 50' CYCLING				
	18:15H	1 60' CROSS TRAINING		1 60' CROSS TRAINING	3 50' CYCLING	1 60' CROSS TRAINING					
	18:20H	1 50' JIU JITSU KIDS		1 50' DEFESA PESSOAL KIDS		1 50' FUNCIONAL KIDS					
	18:30H	3 50' CYCLING	2 45' BODY PUMP	2 45' PILATES CLÍNICO	1 50' CROSS TRAINING	2 45' BODY PUMP	1 15' GET HIT	1 60' CROSS TRAINING			
	18:45H		1 45' GET JUMP	3 50' CYCLING	1 45' GET JUMP	2 45' PILATES CLÍNICO					
	19:15H	1 60' JIU JITSU	1 15' GET SIX PACK	1 50' BOXE	1 15' GET UPER BODY	1 60' JIU JITSU	1 45' PILATES	1 50' KICK BOXING	1 15' GET FULL BODY	1 15' GET SIX PACK	2 45' HIIT
	19:30H	1 30' GET WET	1 30' GET WET			1 30' GET WET	1 30' GET WET				
19:45H	1 45' PILATES	2 45' BODY JUMP	1 45' ZUMBA	2 45' BUMBUM BRASIL	2 45' BODY JUMP	3 50' CYCLING	3 50' CYCLING	2 45' BODY PUMP	1 45' MINDFULNESS		
20:00H	1 15' GET SIX PACK	1 15' GET UPER BODY	1 15' GET LOW BODY	1 15' GET FULL BODY	1 15' GET SIX PACK						
20:15H		1 60' CROSS TRAINING		1 60' CROSS TRAINING	3 50' CYCLING						
20:30H	1 60' CROSS TRAINING	2 45' YOGA	1 50' KICK BOXING	1 60' CROSS TRAINING	1 50' SAVATE	1 30' GET WET					
20:45H	2 45' GAP	1 45' RECHARGE	3 50' CYCLING	1 45' RECHARGE	1 45' YOGA						
21:00H	1 15' GET UPER BODY	1 15' GET LOW BODY	1 15' GET FULL BODY	1 15' GET UPER BODY	1 15' GET SIX PACK						