

	SEGUNDA		TERÇA		QUARTA		QUINTA		SEXTA		SÁBADO						
	SALA GRUPO	SALA EXERCÍCIO	SALA GRUPO	SALA EXERCÍCIO	SALA GRUPO	SALA EXERCÍCIO	SALA GRUPO	SALA EXERCÍCIO	SALA GRUPO	SALA EXERCÍCIO	SALA GRUPO	SALA EXERCÍCIO					
6:30-6:45	WORKOUT	OPEN BOX	WORKOUT	OPEN BOX	WORKOUT	OPEN BOX	WORKOUT	OPEN BOX	WORKOUT	OPEN BOX							
6:45-7:00																	
7:00-7:15																	
7:15-7:30																	
7:30-7:45																	
7:45-8:00																	
8:00-8:15																	
8:15-8:30																	
10:00-10:15		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX					
10:15-10:30																	
10:30-10:45																	
10:45-11:00																	
11:00-11:15																	
11:15-11:30																	
11:30-11:45																	
11:45-12:00	WORKOUT		WORKOUT		WORKOUT		WORKOUT		WORKOUT								
12:00-12:15																	
12:15-12:30																	
12:30-12:45																	
12:45-13:00																	
13:00-13:15		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX							
13:15-13:30	POWER WORKOUT																
13:30-13:45																	
17:00-17:15																	
17:15-17:30																	
17:30-17:45	WORKOUT				WORKOUT				WORKOUT				WORKOUT		WORKOUT		
17:45-18:00																	
18:00-18:15																	
18:15-18:30																	
18:30-18:45		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX							
18:45-19:00	HYBRID																
19:00-19:15																	
19:15-19:30	WORKOUT				WORKOUT				WORKOUT				WORKOUT		WORKOUT		
19:30-19:45																	
19:45-20:00	WORKOUT				WORKOUT				WEIGHTLIFTING				HYBRID		WORKOUT		
20:00-20:15																	
20:15-20:30																	
20:30-20:45	POWER WORKOUT		POWER WORKOUT				POWER WORKOUT										
20:45-21:00																	
21:00-21:15																	