



LANÇAMENTO  
NOVA AULA

# LES MILLS BODYBALANCE

## SEGUNDA MONDAY    TERÇA TUESDAY    QUARTA WEDNESDAY    QUINTA THURSDAY    SEXTA FRIDAY    SÁBADO SATURDAY

07:20 LESMILLS RPM 30 2	07:20 LESMILLS BODYBALANCE 45 3	07:20 LESMILLS BODYPUMP 45 3	08:00 LESMILLS RPM 30 2	07:20 LESMILLS BODYPUMP 45 3	09:30 PILATES 45 3
09:00 LESMILLS BODYBALANCE 45 1	07:20 CROSS BOX 60 CB	09:00 YÔGA 45 1	09:00 LESMILLS BODYPUMP 45 3	07:20 CROSS BOX 60 CB	10:00 CROSS BOX 60 CB
09:00 HIDROGINÁSTICA 45 P	08:00 LESMILLS RPM 30 2	09:00 LESMILLS BODYATTACK 45 3	10:00 LESMILLS BODYBALANCE 45 3	08:00 CORE TRAINING 30 1	10:30 LESMILLS BODYPUMP 45 3
10:00 HIDROGINÁSTICA 45 P	09:00 PILATES 45 3	09:00 HIDROGINÁSTICA 45 P	10:00 HIDROGINÁSTICA 45 3	09:00 LESMILLS BODYBALANCE 45 3	10:30 HIDROGINÁSTICA 45 P
10:00 LOCALIZADA 45 3	09:00 HIDROGINÁSTICA 45 P	10:00 HIDROGINÁSTICA 45 P	11:00 POWER JUMP 30 1	10:00 HIDROGINÁSTICA 45 P	11:30 LESMILLS BODYBALANCE 45 3
12:45 LESMILLS SPRINT 30 2	10:00 HIDROGINÁSTICA 45 P	10:00 Bum Bum Brasil 30 3	12:45 SPRINT 30 2	10:00 Bum Bum Brasil 30 3	18:00 POWER JUMP 30 1
12:45 CROSS BOX 60 CB	10:00 LESMILLS BODYPUMP 45 3	11:00 LESMILLS SPRINT 30 2	12:45 CROSS BOX 60 CB	10:30 LESMILLS BODYATTACK 30 3	18:45 LESMILLS RPM 30 2
16:30 HIDRO TERAPIA 40 P	11:00 LESMILLS RPM 30 2	12:45 LESMILLS GRIT SERIES 30 3	16:00 CIRCUITO ABS 15 S	12:45 SPRINT 30 2	
17:15 LESMILLS BODYBALANCE 45 1	12:45 CROSS BOX 60 CB	16:30 HIDRO TERAPIA 40 P	17:20 GAP 30 3	17:20 LESMILLS GRIT SERIES 30 3	
17:20 GAP 30 3	17:20 CORE TRAINING 30 3	17:15 PILATES 40 1	18:00 SH'BAM 45 3	17:30 CROSS BOX 60 CB	
18:00 HIDROGINÁSTICA 45 P	18:00 LESMILLS RPM 30 2	17:20 GAP 30 3	18:00 SPRINT 30 2	18:00 HIDROGINÁSTICA 45 P	
18:00 LESMILLS BODYPUMP 45 3	18:00 Bum Bum Brasil 30 3	17:30 CROSS BOX 60 CB	18:00 LESMILLS BODYATTACK 45 1	18:00 LESMILLS BODYPUMP 45 3	09:30 YÔGA 45 3
18:00 ZUMBA 45 1	18:00 LESMILLS SH'BAM 45 1	18:00 LESMILLS RPM 45 2	18:00 CROSS BOX 60 CB	18:30 CROSS BOX 60 CB	10:30 LESMILLS RPM 45 2
18:30 CROSS BOX 60 CB	18:00 CROSS BOX 60 CB	18:00 HIDROGINÁSTICA 45 P	18:45 LESMILLS BODYCOMBAT 30 3	18:45 SH'BAM 45 3	10:30 HIDROGINÁSTICA 45 P
18:45 LESMILLS BODYATTACK 45 3	18:45 LESMILLS RPM 30 2	18:00 POWER JUMP 45 1	18:45 PILATES 45 1	18:45 POWER JUMP 45 1	18:00 LESMILLS BODYPUMP 45 3
19:00 POWER JUMP 30 1	18:45 LESMILLS BODYPUMP 45 3	18:00 LESMILLS BODYBALANCE 45 3	19:00 CROSS BOX 60 CB	18:45 LESMILLS RPM 30 2	18:50 LESMILLS BODYBALANCE 45 3
19:00 LESMILLS RPM 45 2	18:45 PILATES 45 1	18:30 CROSS BOX 60 CB	18:45 LESMILLS RPM 30 2	19:30 Bum Bum Brasil 30 3	
19:30 LESMILLS GRIT SERIES 30 3	19:00 HIDROGINÁSTICA 45 P	18:45 ZUMBA 45 1	19:00 HIDROGINÁSTICA 45 P	19:30 CROSS BOX 60 CB	
19:30 YÔGA 45 1	19:00 CROSS BOX 60 2	18:45 LESMILLS BODYPUMP 45 3	19:30 LESMILLS BODYPUMP 45 3	19:30 LESMILLS BODYBALANCE 45 1	
19:30 CROSS BOX 60 CB	19:30 LESMILLS BODYBALANCE 45 1	19:40 LESMILLS GRIT SERIES 30 3	20:00 CROSS BOX 60 CB		
20:00 LESMILLS RPM 30 2	19:45 LESMILLS BODYCOMBAT 45 3	19:30 CROSS BOX 60 CB			
	20:00 CROSS BOX 60 CB	19:30 YÔGA 45 1			
		20:00 LESMILLS RPM 45 2			

## DOMINGO SUNDAY

SEGUNDA A SEXTA DAS 7:00 ÀS 22:00  
FIM DE SEMANA E FERIADOS DAS 9:00 ÀS 20:00

I AM  
EPIC

V. SET/22  
v 1.0



Horário Digital

