

PALCO GOLDENERGY | ELETRICIDADE

10:15 10:30	BODYCOMBAT
10:35 10:50	BODYCOMBAT
10:55 11:10	BODYCOMBAT
11:20 11:35	POWERJUMP
11:40 11:55	POWERJUMP
13:30 13:45	LES MILLS GRIT
13:50 14:05	LES MILLS GRIT
15:15 15:30	POWERJUMP
15:35 15:50	POWERJUMP
16:00 16:15	POWERJUMP
16:20 16:35	POWERJUMP
16:40 16:55	POWERJUMP
17:00 17:15	BODYCOMBAT
17:20 17:35	BODYCOMBAT
17:40 17:55	BODYCOMBAT
18:00 18:15	SH'BAM
18:20 18:35	SH'BAM
18:40 18:55	SH'BAM

PALCO GOLDENERGY | GÁS

11:20 11:35	LES MILLS SPRINT
11:40 11:55	LES MILLS SPRINT
12:15 12:30	RPM
12:35 12:50	RPM
12:55 13:10	RPM
14:15 14:30	LES MILLS SPRINT
14:35 14:50	LES MILLS SPRINT
17:45 18:00	RPM
18:05 18:20	RPM
18:25 18:40	RPM

PALCO LES MILLS

10:00 10:30	LES MILLS BARRE
10:35 11:05	BODYATTACK
11:15 11:30	LES MILLS BARRE
11:45 12:15	SH'BAM
12:30 13:00	BODYCOMBAT
13:15 13:45	BODYBALANCE
14:00 14:30	BODYJAM
14:45 15:15	LES MILLS TONE
15:15 15:30	SH'BAM
15:35 15:50	SH'BAM
16:15 16:45	LES MILLS GRIT
17:00 17:30	LES MILLS BARRE
17:45 18:15	BODYATTACK
18:30 19:00	LES MILLS TONE



PALCO GOLDENERGY | ELETRICIDADE

10:15 10:30	LES MILLS BARRE
10:35 10:50	LES MILLS BARRE
15:15 15:30	BODYJAM
15:35 15:50	BODYJAM
16:00 16:15	BODYJAM
16:30 16:45	LES MILLS GRIT
16:50 17:05	LES MILLS GRIT
17:10 17:25	LES MILLS GRIT
17:30 17:45	LES MILLS GRIT
17:50 18:05	BODYATTACK
18:10 18:25	BODYATTACK

PALCO GOLDENERGY | GÁS

10:15 10:30	RPM
10:35 10:50	RPM
16:30 16:45	LES MILLS SPRINT
16:50 17:05	LES MILLS SPRINT
17:10 17:25	LES MILLS SPRINT

PALCO LES MILLS

10:00 10:30	LES MILLS GRIT
10:35 11:05	BODYATTACK
11:15 11:45	SH'BAM
12:00 12:30	BODYCOMBAT
13:00 13:30	LES MILLS BARRE
13:40 14:10	BODYJAM
14:20 14:50	BODYSTEP
15:00 15:30	LES MILLS TONE
15:40 16:10	BODYATTACK
16:15 16:45	BODYBALANCE
17:30 18:00	BODYSTEP
18:15 18:45	BODYCOMBAT