

PALCO HERBALIFE			
SÁBADO   16 Novembro			
<b>MC1</b>	10:00   11:00	<u>BODYBALANCE</u>	<u>Equipa Manz LMI</u>
<b>MC2</b>	11:15   11:45	<u>CX WORX</u>	<u>Equipa Manz LMI</u>
<b>MC3</b>	12:00   13:00	<u>BODYSTEP</u>	<u>Lisa Osborne e Equipa Manz LMI</u>
<b>MC4</b>	13:15   14:15	<u>ZUMBA</u>	<u>ZUMBA</u>
<b>MC5</b>	14:30   15:00	<u>Les MILLS BARRE</u>	<u>Equipa Manz LMI</u>
<b>MC6</b>	15:15   16:15	<u>BODYATTACK</u>	<u>Lisa Osborne e Equipa Manz LMI</u>
DOMINGO   17 Novembro			
<b>MC7</b>	10:00   11:00	<u>BODYPUMP A</u>	<u>Equipa Manz LMI</u>
<b>MC8</b>	11:30   12:30	<u>BODYPUMP B</u>	<u>Equipa Manz LMI</u>
<b>MC9</b>	13:00   13:45	<u>SH'BAM</u>	<u>Equipa Manz LMI</u>
<b>MC10</b>	14:00   14:45	<u>Les Mills TONE</u>	<u>Equipa Manz LMI</u>
<b>MC11</b>	15:00   16:00	<u>BODYJAM</u>	<u>Equipa Manz LMI</u>
<b>MC12</b>	16:15   17:15	<u>BODYCOMBAT</u>	<u>Equipa Manz LMI</u>
<b>MC13</b>	17:30   18:00	<u>Les Mills GRIT</u>	<u>Equipa Manz LMI</u>