

HORÁRIO DE AULAS

INOVA DIADEMA

DATA DE ATUALIZAÇÃO: 08/04/2024

SEG	TER	QUA	QUI	SEX
JUMP 07:00 ◆	CROSS HIT 06:15 ◆	HITBOX 07:00 ◆	CROSS HIT 06:15 ◆	INOVA STEP 07:00 ◆
GAP 07:30 ◆	FITDANCE 07:00 ◆	PILATES 07:45 ◆	FITDANCE 07:00 ◆	GLÚTEO 07:30 ◆
PILATES 08:00 ◆	BIKE 07:00 ◆	FITDANCE 08:30 ◆	BIKE 07:00 ◆	PILATES 08:00 ◆
FITDANCE 08:45 ◆	HIT 07:30 ◆	ZUMBA 17:30 ◆	HIT 07:30 ◆	KANGOO 18:00 ◆
JUMP 17:45 ◆	HITBOX 08:00 ◆	BIKE 17:45 ◆	PILATES 08:00 ◆	HITBOX 18:30 ◆
CROSS HIT 18:30 ◆	PILATES 08:30 ◆	CROSS HIT 18:30 ◆	HIT 18:00 ◆	ABS 19:00 ◆
ZUMBA 19:15 ◆	INOVA STEP 17:45 ◆	HITBOX 19:15 ◆	GAP 18:30 ◆	FITDANCE 19:30 ◆
BIKE 19:15 ◆	BIKE 18:00 ◆	PILATES 19:45 ◆	BIKE 18:30 ◆	
PILATES 20:15 ◆	GAP 18:30 ◆	MUAY THAI 20:30 ◆	FITDANCE 19:00 ◆	
FITDANCE 21:00 ◆	HIT 18:45 ◆		PILATES 20:00 ◆	SÁB
	ALONGAMENTO 19:00 ◆			MUAY THAI 09:00 ◆
	FITDANCE 19:30 ◆			FITDANCE 11:30 ◆

- ◆ PROF^a SANDRA
- ◆ PROF^a NANI
- ◆ PROF^o FROTA
- ◆ PROF^o ERICK
- ◆ PROF^o ANDERSON
- ◆ PROF^o SIDNEI
- ◆ PROF^o VICTOR

UNIDADE DIADEMA