

# HORÁRIO DE AULAS

## INOVA JARDIM

SEG	TER	QUA	QUI	SEX	
BIKE 07:00 ◆	BIKE CLASS 07:00 ◆	BIKE 07:00 ◆	BIKE CLASS 07:00 ◆	BIKE 07:00 ◆	
ABDOMINAL 07:45 ◆	HIIT 07:30 ◆	HIIT 07:30 ◆	HIIT 07:30 ◆	HIIT 07:30 ◆	
ALONGAMENTO 08:00 ◆	LOCALIZADA 08:00 ◆	GAP 08:00 ◆	LOCALIZADA 08:00 ◆	ABDOMINAL 08:00 ◆	
PUMP 08:30 ◆	ABDOMINAL 08:45 ◆	ALONGAMENTO 08:30 ◆	ABS 08:45 ◆	PUMP 08:15 ◆	
FITDANCE 09:00 ◆	JUMP 18:00 ◆	FITDANCE 09:00 ◆	PILATES 18:00 ◆	FITDANCE 09:00 ◆	
ALONG./HIIT 18:00 ◆	PILATES 18:30 ◆	ALONGAMENTO 18:00 ◆	HIIT 19:00 ◆	FITDANCE 19:00 ◆	
BIKE/ABDOMINAL 18:30 ◆	HIIT 19:00 ◆	BIKE 18:30 ◆	STEP 19:30 ◆	<b>SÁB</b>	
FITDANCE 19:00 ◆	BIKE 19:30 ◆	FITDANCE 19:00 ◆	MUAY THAI 20:00 ◆		
HIIT/PILATES 19:00 ◆	MUAY THAI 20:00 ◆	HIIT 19:00 ◆	BIKE 20:15 ◆		
BIKE/BOXE 20:00 ◆	POWER LOCAL 20:15 ◆	GAP 20:00 ◆			
ALONG./HIIT 20:30 ◆		ALONGAMENTO 20:30 ◆			
					ALONGAMENTO 10:00 ◆
					HIIT 10:30 ◆
					JUMP 11:00 ◆
					BIKE CLASS 11:30 ◆

**AULA DE BIKE: RETIRAR A SENHA 15 MINUTOS ANTES NA RECEPÇÃO**

**DURAÇÃO DAS AULAS**

◆ 15' ◆ 30' ◆ 45' ◆ 60'

**UNIDADE JARDIM**