

# HORÁRIO DE AULAS

## INOVA ATRIUM

SEG	TER	QUA	QUI	SEX
GAP 07:00 ◆	PILATES 07:00 ◆	PILATES 07:00 ◆	ALONGAMENTO 07:00 ◆	CIRCUITO 07:00 ◆
FITDANCE 07:30 ◆	BIKE 07:30 ◆	FITDANCE 07:30 ◆	HIIT 07:30 ◆	JUMP 07:30 ◆
CORE 08:15 ◆	STEP 08:00 ◆	ZUMBA 08:15 ◆	FITDANCE 07:50 ◆	FITDANCE 08:00 ◆
PILATES 08:30 ◆	FITDANCE 08:20 ◆	RELAX 08:45 ◆	PILATES 08:30 ◆	CORE 08:45 ◆
YOGA 18:00 ◆	PILATES 18:00 ◆	PILATES 18:00 ◆	PILATES 18:00 ◆	YOGA 18:00 ◆
CIRCUITO F. 18:30 ◆	JUMP 18:30 ◆	CIRCUITO F. 18:30 ◆	JUMP 18:30 ◆	BIKE 18:30 ◆
BIKE 19:00 ◆	FITDANCE 19:00 ◆	STEP 19:00 ◆	FITDANCE 19:00 ◆	FITDANCE 19:00 ◆
FITDANCE 19:30 ◆	CORE 19:45 ◆	FITDANCE 19:30 ◆	CORE 19:45 ◆	MUAY THAI 20:30 ◆
PILATES 20:30 ◆	CROSS T. 20:00 ◆	ALONGAMENTO 20:30 ◆	GAP 20:00 ◆	
MUAY THAI 21:00 ◆		MUAY THAI 21:00 ◆	ALONGAMENTO 20:30 ◆	<b>SÁB</b>
				FITDANCE 10:30 ◆

### DURAÇÃO DAS AULAS

◆ 15' ◆ 20' ◆ 30' ◆ 40' ◆ 45' ◆ 60'

UNIDADE ATRIUM