

HORÁRIO DE AULAS

INOVA ARARAQUARA

SEG	TER	QUA	QUI	SEX	SÁB
FITDANCE 07:00 ♦	RITMOS 07:00 ♦	FITDANCE 07:00 ♦	RITMOS 07:00 ♦	FUNCIONAL 08:00 ♦	FUNCIONAL 08:00 ♦
FUNCIONAL 08:00 ♦	BIKE 08:00 ♦	FUNCIONAL 08:00 ♦	BIKE 08:00 ♦	BIKE 17:00 ♦	BIKE 09:00 ♦
ALONGAMENTO 09:00 ♦	PILATES 09:00 ♦	ALONGAMENTO 09:00 ♦	PILATES 09:00 ♦	FITDANCE 18:00 ♦	FITDANCE 10:00 ♦
BIKE 17:00 ♦	FUNCIONAL 17:00 ♦	BIKE 17:00 ♦	FUNCIONAL 17:00 ♦	PILATES 19:00 ♦	
LOCAL 18:00 ♦	BIKE 18:00 ♦	LOCAL 18:00 ♦	BIKE 18:00 ♦		
JUMP 19:00 ♦	RITMOS 19:00 ♦	PILATES 19:00 ♦	RITMOS 19:00 ♦		
FITDANCE 20:00 ♦	INOVA MOVE 20:00 ♦	FITDANCE 20:00 ♦	INOVA MOVE 20:00 ♦		

DURAÇÃO DAS AULAS ♦ 45'

UNIDADE ARARAQUARA