

HORÁRIO DE AULAS

INOVA DIADEMA

DATA DE ATUALIZAÇÃO: 26/08/2024

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

◆ PROFª NANI
◆ PROFº ERICK

◆ PROFº SIDNEI
◆ PROFª SANDRA

◆ PROFº FROTA
◆ PROFº VICTOR

◆ PROFº ANDERSON

UNIDADE DIADEMA

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