

HORÁRIO DE AULAS

INOVA SÃO CAETANO

DATA DE ATUALIZAÇÃO : 29/08/2024

SEG	TER	QUA	QUI	SEX
HIIT 07:00-07:40 ●	FITDANCE 07:00-08:00 ●	LOCAL 07:00-07:50 ●	FITDANCE 07:00-08:00 ●	PILATES 07:00-07:45 ●
JUMP 07:50-08:30 ●	CIRCUITO 08:00-08:45 ●	HIIT 07:50-08:30 ●	CIRCUITO 08:00-08:45 ●	JUMP 07:50-08:30 ●
ALONGAMENTO 08:30-09:00 ●	ABS 08:45-09:00 ●	PILATES 08:30-09:00 ●	PUMP 08:45-09:30 ●	HIIT 08:30-09:00 ●
STEP 18:00-19:00 ●	PUMP 09:00-09:30 ●	STEP 18:00-19:00 ●	PILATES 18:00-18:45 ●	MAT PILATES 18:00-18:40 ●
STEP INICIANTE 19:00-19:30 ●	RITMOS 18:00-19:10 ●	STEP INICIANTE 19:00-19:30 ●	PUMP 18:45-19:30 ●	GAP 18:45-19:30 ●
MAT PILATES 19:30-20:00 ●	FUNCIONAL 19:00-20:00 ●	LOCAL 19:30-20:00 ●	FUNCIONAL 19:00-20:00 ●	RITMOS 19:30-20:15 ●
ABDOMINAL 20:00-20:30 ●	PUMP 19:15-20:00 ●	GLÚTEOS 20:00-20:30 ●	ABDOMINAL 19:30-20:00 ●	FITDANCE 20:30-21:30 ●
FITDANCE 20:00-21:00 ●	ALONGAMENTO 20:00-20:30 ●	FITDANCE 20:00-21:00 ●	ALONGAMENTO 20:00-20:30 ●	SÁB AULAS ROTATIVAS A PARTIR DAS 08:30 (VERIFICAR PROFESSOR) FITDANCE 11:30-12:30 ●
FUNCIONAL 21:00-22:00 ●	MUAY THAI 20:00-21:00 ●	FUNCIONAL 21:00-22:00 ●	MUAY THAI 20:00-21:00 ●	

* MODALIDADES QUE PRECISAM DE SENHA

● AERÓBICO / FORTALECIMENTO
● DANÇA ● POSTURAL ● LUTAS

UNIDADE PRIME

WWW.ACADEMIAINOVA.COM.BR . [INSTAGRAM.COM/ACADEMIASINOVA](https://www.instagram.com/academiasinova)

inova
ACADEMIA