

# HORÁRIO DE AULAS

## INOVA FERNANDÓPOLIS

SEG	TER	QUA	QUI	SEX	SÁB
FITDANCE 06:00-07:00	JUMP 06:00-07:00	FITDANCE 06:00-07:00	STEP 06:00-07:00	ALONGAMENTO 06:00-07:00	A DEFINIR 09:00-10:00
BIKE 07:00-08:00	FUNCIONAL 07:00-08:00	BIKE 07:00-08:00	FUNCIONAL 07:00-08:00	GAP 07:00-08:00	A DEFINIR 10:00-11:00
FUNCIONAL 17:00-18:00	FITDANCE 08:00-09:00	ALONGAMENTO 09:00-10:00	FITDANCE 08:00-09:00	FUNCIONAL 16:30-17:30	
BIKE 18:00-19:00	ALONGAMENTO 09:00-10:00	FUNCIONAL 17:00-18:00	ALONGAMENTO 09:00-10:00	BIKE 17:30-18:30	
JUMP 19:00-20:00	GAP 17:00-18:00	BIKE 18:00-19:00	GAP 17:00-18:00	JUMP 18:30-19:30	
	JUMP 18:00-19:00	JUMP 19:00-20:00	BIKE 18:00-19:00	ALONGAMENTO 19:30-20:30	
	FITDANCE 19:00-20:00		FITDANCE 19:00-20:00		
	ALONGAMENTO 20:00-21:00		STEP/JUMP 20:00-21:00		

DATA DE ATUALIZAÇÃO: 03/09/2024

UNIDADE FERNANDÓPOLIS

[WWW.ACADEMIAINOVA.COM.BR](http://WWW.ACADEMIAINOVA.COM.BR)

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

**inova**  
ACADEMIA