

HORÁRIO DE AULAS

INOVA PARKCITY SUMARÉ

SEG	TER	QUA	QUI	SEX
INOVA STEP 07:00 ◆	FITDANCE 07:00 ◆	POWER CIRCUITO 07:00 ◆	FITDANCE 07:00 ◆	BIKE INDOOR 07:00 ◆
INOVA FLEX 07:30 ◆	MAT PILATES 08:00 ◆	BIKE INDOOR 08:00 ◆	MAT PILATES 08:00 ◆	INOVA CORE 08:00 ◆
BIKE INDOOR 08:00 ◆	POWER CIRCUITO 14:00 ◆	BIKE INDOOR 14:00 ◆	POWER CIRCUITO 14:00 ◆	BIKE INDOOR 14:00 ◆
BIKE INDOOR 14:00 ◆	FITDANCE 18:30 ◆	MAT PILATES 15:00 ◆	FITDANCE 18:30 ◆	INOVA CORE 15:00 ◆
MAT PILATES 15:00 ◆		JUMP 18:00 ◆		FITDANCE 18:00 ◆
BIKE INDOOR 18:00 ◆		INOVA CORE 18:30 ◆		
INOVA STEP 19:00 ◆		BIKE INDOOR 19:00 ◆		
INOVA FLEX 19:30 ◆				

- ◆ PROF^a FLÁVIA
- ◆ PROF^o BRUNO
- ◆ PROF^o RAUL

UNIDADE SUMARÉ