

HORÁRIO DE AULAS

INOVA INDAIATUBA

DATA DE ATUALIZAÇÃO: 06/11/2024

SEG	TER	QUA	QUI	SEX
T. FUNCIONAL 07:00 ◆	BIKE 07:30 ◆	T. FUNCIONAL 07:00 ◆	BIKE 07:30 ◆	T. FUNCIONAL 07:00 ◆
BIKE 08:00 ◆	ALONGAMENTO 08:30 ◆	BIKE 08:00 ◆	ALONGAMENTO 08:30 ◆	BIKE 08:00 ◆
FITDANCE 08:15 ◆	MUVEE 17:00 ◆	FITDANCE 08:15 ◆	MUVEE 17:00 ◆	FITDANCE 18:30 ◆
MOBILITY 09:15 ◆	POWER IN 18:00 ◆	MOBILITY 09:15 ◆	POWER IN 18:00 ◆	
G.A.P 17:00 ◆	BIKE 18:30 ◆	G.A.P 17:00 ◆	BIKE 18:30 ◆	
MOBILITY 18:00 ◆	CORE 19:00 ◆	MOBILITY 18:00 ◆	CORE 19:00 ◆	
BIKE 18:30 ◆	HIIT 19:30 ◆	BIKE 18:30 ◆	HIIT 19:30 ◆	SÁB
FITDANCE 19:00 ◆	MOVEET 20:15 ◆	FITDANCE 19:00 ◆	MOVEET 20:15 ◆	ESCALA 09:30
BIKE 19:30 ◆		BIKE 19:30 ◆		ESCALA 10:30

- ◆ **JOBSON**
- ◆ **CYNTHIA**
- ◆ **LUIZ**
- ◆ **WILLIAM**
- ◆ **KARINY**

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