

HORÁRIO DE AULAS

INOVA INDAIATUBA

DATA DE ATUALIZAÇÃO: 08/01/2025

SEG	TER	QUA	QUI	SEX
T. FUNCIONAL 07:00 ◆	BIKE 07:00 ◆	T. FUNCIONAL 07:00 ◆	BIKE 07:00 ◆	T. FUNCIONAL 07:00 ◆
BIKE 08:00 ◆	MAT PILATES 08:00 ◆	BIKE 08:00 ◆	MAT PILATES 08:00 ◆	BIKE 08:00 ◆
FITDANCE 08:15 ◆	BIKE 18:30 ◆	FITDANCE 08:15 ◆	BIKE 18:30 ◆	FITDANCE 18:30 ◆
MOBILITY 09:15 ◆	PUMP 18:30 ◆	MOBILITY 09:15 ◆	PUMP 18:30 ◆	
G.A.P 17:00 ◆	BIKE 19:30 ◆	G.A.P 17:00 ◆	BIKE 19:30 ◆	
MOBILITY 18:00 ◆	ALONGAMENTO 20:30 ◆	MOBILITY 18:00 ◆	ALONGAMENTO 20:30 ◆	
BIKE 18:30 ◆		BIKE 18:30 ◆		SÁB
FITDANCE 19:00 ◆		FITDANCE 19:00 ◆		ESCALA 09:30
BIKE 19:30 ◆		BIKE 19:30 ◆		ESCALA 10:30

◆ **JOBSON**
◆ **CYNTHIA**
◆ **MATHEUS**
◆ **WILLIAM**
◆ **KARINY**

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