

HORÁRIO DE AULAS

INOVA TAUBATÉ

SEG	TER	QUA	QUI	SEX
CARDIO 07:00 ◆	CORRIDA INDOOR 07:00 ◆	CROSS T. 07:00 ◆	CORRIDA INDOOR 07:00 ◆	BIKE 07:00 ◆
FUNCIONAL 07:30 ◆	GAP 07:30 ◆	CORE 07:30 ◆	GAP 07:30 ◆	CROSS T. 07:30 ◆
FITDANCE 07:30 ◆	BIKE 08:00 ◆	FITDANCE 07:30 ◆	BIKE 08:00 ◆	FITDANCE 07:30 ◆
CORE 08:00 ◆	CORE 08:45 ◆	FUNCIONAL 08:00 ◆	CORE 08:45 ◆	GAP 08:00 ◆
BIKE 08:45 ◆	JUMP 09:15 ◆	BIKE 08:45 ◆	JUMP 09:15 ◆	PILATES 08:45 ◆
PILATES 09:30 ◆	ALONGAMENTO 18:00 ◆	PILATES 09:30 ◆	ALONGAMENTO 18:00 ◆	CORRIDA INDOOR 18:00 ◆
CORRIDA INDOOR 18:00 ◆	BIKE 18:30 ◆	CORRIDA INDOOR 18:00 ◆	BIKE 18:30 ◆	BIKE 18:30 ◆
BIKE 18:30 ◆	CORE 19:20 ◆	BIKE 18:30 ◆	GAP 19:20 ◆	CORE 19:20 ◆
GAP 19:20 ◆	CROSS T. 20:00 ◆	CARDIO 19:20 ◆	FUNCIONAL 20:00 ◆	CROSS T. 20:00 ◆
FUNCIONAL 20:00 ◆	FITDANCE 20:00 ◆	FUNCIONAL 20:00 ◆	FITDANCE 20:00 ◆	
FITDANCE 20:30 ◆		FITDANCE 20:30 ◆		SÁB
				BIKE 09:00 ◆
				CARDIO HIT 10:00 ◆

DURAÇÃO DAS AULAS
◆ 30' ◆ 45' ◆ 60'

UNIDADE TAUBATÉ