

# HORÁRIO DE AULAS

## INOVA SÃO CAETANO

DATA DE ATUALIZAÇÃO : 05/02/2025

| SEG                             | TER                        | QUA                             | QUI                          | SEX                                                                     |
|---------------------------------|----------------------------|---------------------------------|------------------------------|-------------------------------------------------------------------------|
| BIKE<br>07:00-07:45 ●           | FITDANCE<br>07:00-08:00 ●  | PILATES<br>07:00-07:45 ●        | FITDANCE<br>07:00-08:00 ●    | PILATES<br>07:00-07:45 ●                                                |
| HIIT<br>07:50-08:30 ●           | BIKE<br>08:00-08:45 ●      | BIKE<br>07:50-08:30 ●           | BIKE<br>08:00-08:45 ●        | BIKE<br>07:40-08:20 ●                                                   |
| ALONGAMENTO<br>08:30-09:00 ●    | ABS<br>08:45-09:00 ●       | HIIT<br>08:30-09:00 ●           | PUMP<br>08:45-09:30 ●        | ALONGAMENTO<br>08:30-09:00 ●                                            |
| STEP<br>18:00-19:00 ●           | PUMP<br>09:00-09:30 ●      | STEP<br>18:00-19:00 ●           | PILATES<br>18:00-18:45 ●     | BIKE<br>18:00-18:40 ●                                                   |
| STEP INICIANTE<br>19:00-19:30 ● | RITMOS<br>18:00-19:00 ●    | STEP INICIANTE<br>19:00-19:30 ● | BIKE<br>18:50-19:30 ●        | PUMP/ABD<br>18:40-19:15 ●                                               |
| MAT PILATES<br>19:30-20:00 ●    | BIKE<br>19:00-19:40 ●      | LOCAL<br>19:30-20:00 ●          | FUNCIONAL<br>19:00-20:00 ●   | RITMOS<br>19:20-20:00 ●                                                 |
| ABDOMINAL<br>20:00-20:30 ●      | FUNCIONAL<br>19:00-20:00 ● | GLÚTEOS<br>20:00-20:30 ●        | BIKE<br>19:40-20:20 ●        | FITDANCE<br>20:30-21:30 ●                                               |
| FITDANCE<br>20:00-21:00 ●       | BIKE<br>19:50-20:30 ●      | FITDANCE<br>20:00-21:00 ●       | ALONGAMENTO<br>20:30-21:00 ● | ALONGAMENTO<br>20:30-21:00 ●                                            |
| FUNCIONAL<br>21:00-22:00 ●      | MUAY THAI<br>20:00-21:00 ● | FUNCIONAL<br>21:00-22:00 ●      | MUAY THAI<br>20:00-21:00 ●   |                                                                         |
|                                 |                            |                                 |                              | SÁB                                                                     |
|                                 |                            |                                 |                              | AULAS<br>ROTATIVAS A<br>PARTIR DAS<br>08:30<br>(VERIFICAR<br>PROFESSOR) |
|                                 |                            |                                 |                              | FITDANCE<br>11:30-12:30 ●                                               |

● AERÓBICO / FORTALECIMENTO  
● DANÇA ● POSTURAL ● LUTAS

UNIDADE PRIME