

# HORÁRIO DE AULAS

## INOVA BRAGANÇA

SEG	TER	QUA	QUI	SEX
<ul style="list-style-type: none"> <li>◆ GAP ◆ 07:00-08:00</li> <li>◆ BODY PUMP ◆ 08:00-09:00</li> <li>◇ FUNCIONAL ◆ 09:00-10:00</li> <li>◆ PILATES ◆ 18:00-19:00</li> <li>◇ CROSS T. ◆ 20:00-21:00</li> </ul>	<ul style="list-style-type: none"> <li>◆ ALONGAMENTO ◆ 08:00-09:00</li> <li>◆ GAP ◆ 09:00-10:00</li> <li>◇ FUNCIONAL S.N. ◆ 17:30-18:30</li> <li>◆ SPINNING ◆ 18:30-19:30</li> <li>◇ MUAY THAI ◆ 18:30-19:30</li> <li>◆ ZUMBA ◆ 19:30-20:30</li> <li>◆ MOBILITY ◆ 20:30-21:30</li> </ul>	<ul style="list-style-type: none"> <li>◆ BODY PUMP ◆ 07:00-08:00</li> <li>◆ GAP ◆ 08:00-09:00</li> <li>◆ ALONGAMENTO ◆ 09:00-10:00</li> <li>◆ PILATES ◆ 18:00-19:00</li> <li>◇ MUAY THAI ◆ 18:30-19:30</li> <li>◇ CROSS T. ◆ 19:00-20:00</li> </ul>	<ul style="list-style-type: none"> <li>◇ FUNCIONAL ◆ 08:00-09:00</li> <li>◆ GAP ◆ 09:00-10:00</li> <li>◆ SPINNING ◆ 17:00-18:00</li> <li>◆ POWER JUMP ◆ 18:00-19:00</li> <li>◇ MUAY THAI ◆ 18:30-19:30</li> <li>◆ MOBILITY ◆ 19:00-20:00</li> <li>◆ ZUMBA ◆ 20:00-21:00</li> </ul>	<ul style="list-style-type: none"> <li>◇ FUNCIONAL ◆ 07:00-08:00</li> <li>◆ BODY PUMP ◆ 08:00-09:00</li> <li>◆ PILATES ◆ 18:00-19:00</li> <li>◇ CROSS T. ◆ 20:00-21:00</li> </ul>
				<b>SÁB</b>
				<ul style="list-style-type: none"> <li>◇ MUAY THAI ◆ 09:00-10:00</li> </ul>

**\*AULAS DE SÁBADO SOB ESCALA ROTATIVA**

**\*AULAS DE SPINNING, STEP E JUMP, NECESSÁRIO RETIRADA DE SENHA NA RECEPÇÃO**

◇ STUDIO HIIT  
◆ STUDIO MAXX

◆ PROF<sup>a</sup> GI  
◆ PROF<sup>a</sup> MARIA  
◆ PROF<sup>o</sup> LUCAS  
◆ PROF<sup>o</sup> FÁBIO

**UNIDADE BRAGANÇA**