

# HORÁRIO DE AULAS

## INOVA PARKCITY SUMARÉ

SEG	TER	QUA	QUI	SEX
FITDANCE 07:00 ◆	MUAY THAI 06:30 ◆	FITDANCE 07:00 ◆	MUAY THAI 06:30 ◆	BIKE INDOOR 07:00 ◆
INOVA STEP 08:00 ◆	BIKE INDOOR 07:30 ◆	INOVA STEP 08:00 ◆	BIKE INDOOR 07:30 ◆	FITDANCE 18:00 ◆
BIKE INDOOR 14:00 ◆	MAT PILATES 08:30 ◆	BIKE INDOOR 14:00 ◆	MAT PILATES 08:30 ◆	MUAY THAI 19:15 ◆
MAT PILATES 15:00 ◆	POWER CIRCUITO 14:00 ◆	MAT PILATES 15:00 ◆	POWER CIRCUITO 14:00 ◆	
BIKE INDOOR 18:00 ◆	FITDANCE 18:30 ◆	T. FUNCIONAL 18:00 ◆	FITDANCE 18:30 ◆	
JUMP 19:00 ◆	INOVA STEP 19:30 ◆	BIKE INDOOR 19:00 ◆	INOVA STEP 19:30 ◆	
MUAY THAI 19:45 ◆		MUAY THAI 19:45 ◆		

- ◆ PROF<sup>a</sup> FLÁVIA
- ◆ PROF<sup>o</sup> ROGÉRIO
- ◆ PROF<sup>o</sup> RAUL
- ◆ PROF<sup>o</sup> JOTA

UNIDADE SUMARÉ