

HORÁRIO DE AULAS

INOVA SÃO CAETANO

DATA DE ATUALIZAÇÃO : 07/04/2025

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

● AERÓBICO / FORTALECIMENTO
● DANÇA ● POSTURAL ● LUTAS

UNIDADE PRIME