

HORÁRIO DE AULAS

INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 17/04/2025

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

DURAÇÃO DAS AULAS
◆ 30' ◆ 45' ◆ 60'

UNIDADE TAUBATÉ