

HORÁRIO DE AULAS

INOVA BRAGANÇA

SEG	TER	QUA	QUI	SEX
◆ GAP ◆ 07:00-08:00 ◆ BODY PUMP ◆ 08:00-09:00 ◇ FUNCIONAL ◆ 09:00-10:00 ◆ PILATES ◆ 18:00-19:00 ◇ CROSS T. ◆ 19:00-20:00	◇ STRONG NATION ◆ 08:00-09:00 ◆ MOBILITY ◆ 09:00-10:00 ◆ SPINNING ◆ 10:00-11:00 ◆ MOBILITY ◆ 16:00-17:00 ◇ STRONG NATION ◆ 17:00-18:00 ◆ POWER JUMP ◆ 18:00-19:00 ◆ MUAY THAI ◆ 18:30-19:30 ◆ SPINNING ◆ 19:00-20:00 ◆ STEP INOVA ◆ 20:00-21:00	◆ BODY PUMP ◆ 07:00-08:00 ◆ GAP ◆ 08:00-09:00 ◆ ALONGAMENTO ◆ 09:00-10:00 ◆ PILATES ◆ 18:00-19:00 ◇ MUAY THAI ◆ 18:30-19:30 ◇ CROSS T. ◆ 19:00-20:00	◇ STRONG NATION ◆ 08:00-09:00 ◆ MOBILITY ◆ 09:00-10:00 ◆ SPINNING ◆ 10:00-11:00 ◆ MOBILITY ◆ 16:00-17:00 ◇ STRONG NATION ◆ 17:00-18:00 ◆ POWER JUMP ◆ 18:00-19:00 ◇ MUAY THAI ◆ 18:30-19:30 ◆ SPINNING ◆ 19:00-20:00 ◆ STEP INOVA ◆ 20:00-21:00	◇ FUNCIONAL ◆ 08:00-09:00 ◆ BODY PUMP ◆ 09:00-10:00 ◆ PILATES ◆ 18:00-19:00 ◇ CROSS T. ◆ 19:00-20:00 SÁB ◇ MUAY THAI ◆ 09:00-10:00

*AULAS DE SÁBADO SOB ESCALA ROTATIVA

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

◇ STUDIO HIIT

◆ STUDIO MAXX

◆ PROF^a GI

◆ PROF^a MARIA

◆ PROF^o LUCAS

◆ PROF^o FÁBIO

UNIDADE BRAGANÇA