

# HORÁRIO DE AULAS

## INOVA ITAJAÍ

| SEG                          | TER                        | QUA                          | QUI                        | SEX                          |
|------------------------------|----------------------------|------------------------------|----------------------------|------------------------------|
| ◆ ALONGAMENTO<br>06:00-07:00 | ◆ FITDANCE<br>06:15-07:15  | ◆ ALONGAMENTO<br>06:00-07:00 | ◆ FITDANCE<br>06:15-07:15  | ◆ ALONGAMENTO<br>06:00-07:00 |
| ◆ ZUMBA<br>07:00-08:00       | ◆ MUAY THAI<br>06:30-07:30 | ◆ ZUMBA<br>07:00-08:00       | ◆ MUAY THAI<br>06:30-07:30 | ◆ ZUMBA<br>07:00-08:00       |
| ◆ BOXE<br>07:00-08:00        | ◆ MUAY THAI<br>18:00-19:00 | ◆ BOXE<br>07:00-08:00        | ◆ MUAY THAI<br>18:00-19:00 | ◆ BOXE<br>07:00-08:00        |
| ◆ YOGA<br>08:00-09:00        | ◆ JUMP<br>18:30-19:15      | ◆ YOGA<br>08:00-09:00        | ◆ JUMP<br>18:30-19:15      | ◆ HIIT T.<br>18:30-19:00     |
| ◆ HIIT T.<br>18:30-19:30     | ◆ FITDANCE<br>19:15-20:15  | ◆ HIIT T.<br>18:30-19:00     | ◆ FITDANCE<br>19:15-20:15  | ◆ BOXE<br>18:30-19:30        |
| ◆ BOXE<br>18:30-19:30        |                            | ◆ BOXE<br>18:30-19:30        |                            | ◆ BIKE<br>19:00-20:00        |
| ◆ YOGA<br>19:00-20:00        |                            | ◆ YOGA<br>19:00-20:00        |                            | ◆ PILATES<br>19:00-20:00     |
| ◆ BIKE<br>19:00-20:00        |                            | ◆ BIKE<br>19:00-20:00        |                            |                              |
|                              |                            | ◆ PILATES<br>20:00-21:00     |                            |                              |

DATA DE ATUALIZAÇÃO: 30/06/2025

◆ EDNEI ◆ WILZA ◆ NAKISSA  
◆ MARI ◆ LUCAS ◆ LARISSA

UNIDADE ITAJAÍ