

# HORÁRIO DE AULAS

## INOVA ITAJAÍ

| SEG                           | TER                         | QUA                           | QUI                         | SEX                           |
|-------------------------------|-----------------------------|-------------------------------|-----------------------------|-------------------------------|
| ◆ ALONGAMENTO<br>06:30-30 MIN | ◆ FITDANCE<br>06:30-30 MIN  | ◆ ALONGAMENTO<br>06:30-30 MIN | ◆ FITDANCE<br>06:30-30 MIN  | ◆ GAP<br>06:30-30 MIN         |
| ◆ JUMP<br>07:00-30 MIN        | ◆ MUAY THAY<br>06:30-60 MIN | ◆ DAN.SA<br>07:00-30 MIN      | ◆ MUAY THAY<br>06:30-60 MIN | ◆ JUMP<br>07:00-30 MIN        |
| ◆ BOXE<br>07:00-60 MIN        | ◆ BIKE<br>07:00-30 MIN      | ◆ BOXE<br>07:00-60 MIN        | ◆ BIKE<br>07:00-30 MIN      | ◆ BOXE<br>07:00-60 MIN        |
| ◆ CORE<br>07:30-15 MIN        | ◆ YOGA<br>08:00-60 MIN      | ◆ JUMP<br>07:30-30 MIN        | ◆ YOGA<br>08:00-60 MIN      | ◆ CORE<br>07:30-15 MIN        |
| ◆ DAN.SA<br>07:45-45 MIN      | ◆ MUAY THAY<br>18:30-60 MIN | ◆ GAP<br>08:00-30 MIN         | ◆ MUAY THAY<br>18:30-60 MIN | ◆ ZUMBA<br>07:45-45 MIN       |
| ◆ BOXE<br>18:30-60 MIN        | ◆ FITDANCE<br>19:15-30 MIN  | ◆ HITT<br>18:30-30 MIN        | ◆ FITDANCE<br>19:15-30 MIN  | ◆ HITT<br>18:30-30 MIN        |
| ◆ HITT<br>18:30-30 MIN        | ◆ BIKE<br>20:00-30 MIN      | ◆ BOXE<br>18:30-60 MIN        | ◆ BIKE<br>20:00-30 MIN      | ◆ BOXE<br>18:30-60 MIN        |
| ◆ YOGA<br>19:00-60 MIN        |                             | ◆ YOGA<br>19:00-60 MIN        |                             | ◆ YOGA<br>19:00-60 MIN        |
| ◆ BIKE<br>19:00-60 MIN        |                             | ◆ BIKE<br>19:00-60 MIN        |                             | ◆ BIKE<br>19:00-60 MIN        |
|                               |                             | ◆ GAP<br>20:00-30 MIN         |                             | ◆ GAP<br>20:00-30 MIN         |
|                               |                             | ◆ MAT PILATES<br>20:30-30 MIN |                             | ◆ MAT PILATES<br>20:30-30 MIN |

DATA DE ATUALIZAÇÃO: 21/07/2025

◆ LARISSA ◆ WILZA ◆ NAKISSA  
◆ MARI ◆ LUCAS

UNIDADE ITAJAÍ