

HORÁRIO DE AULAS

INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 06/08/2025

SEG

FITDANCE 07:30 60 MIN	◇
HIT 07:00 30 MIN	◆
FUNCIONAL 07:30 30 MIN	◆
CORE 08:00 30 MIN	◆
BIKE 08:45 45 MIN	◇
PUMP 09:30 30 MIN	◇
FITDANCE 19:30 60 MIN	◇
CORRIDA INDOOR 18:00 30 MIN	◆
BIKE 18:30 45 MIN	◇
GAP 19:20 30 MIN	◆
FUNCIONAL 20:00 30 MIN	◆

TER

CORRIDA INDOOR 07:30 30 MIN	◆
BIKE 07:30 60 MIN	◇
CORE 08:30 15 MIN	◇
LOCALIZADA 09:00 30 MIN	◇
PILATES 09:30 30 MIN	◇
FITDANCE 19:30 60 MIN	◇
ALONGAMENTO 18:00 30 MIN	◇
BIKE 18:30 45 MIN	◇
CORE 19:20 30 MIN	◆
ENDURANCE 20:00 30 MIN	◆

QUA

FITDANCE 07:30 60 MIN	◇
CROSS TRAINING 07:00 30 MIN	◆
HIT 07:30 30 MIN	◆
LOCALIZADA 08:00 30 MIN	◆
BIKE 08:45 45 MIN	◇
PUMP 09:15 45 MIN	◇
FITDANCE 19:30 60 MIN	◇
CORRIDA INDOOR 18:00 30 MIN	◆
BIKE 18:30 45 MIN	◇
GAP 19:20 30 MIN	◆
CROSS TRAINING 20:00 30 MIN	◆

QUI

CORRIDA INDOOR 07:30 30 MIN	◆
LOCALIZADA 07:30 30 MIN	◇
BIKE 08:00 45 MIN	◇
CORE 08:45 15 MIN	◇
JUMP 09:15 45 MIN	◇
SPINNING 18:00 30 MIN	◇
JUMP 18:30 30 MIN	◇
FITDANCE 19:00 60 MIN	◆
ALONGAMENTO 19:10 30 MIN	◆
LOCALIZADA 19:30 45 MIN	◆

SEX

FITDANCE 07:30 60 MIN	◇
BIKE 07:00 30 MIN	◇
MOBILIDADE 07:30 15 MIN	◆
PUMP 08:00 45 MIN	◆
PILATES 08:45 45 MIN	◇
FITDANCE 19:00 60 MIN	◇
CORRIDA INDOOR 18:00 30 MIN	◆
CORE 18:30 30 MIN	◇
FUNCIONAL 19:00 45 MIN	◆
BIKE 20:00 30 MIN	◇

SAB

BIKE 09:00 45 MIN	◇
JUMP 10:00 45 MIN	◇

◆ SALA DE HIIT ◇ SALA DE GINÁSTICA ◆ SALA DE MUSCULAÇÃO

DURAÇÃO DAS AULAS

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE TAUBATÉ