

HORÁRIO DE AULAS

INOVA PARKCITY SUMARÉ

SEG	TER	QUA	QUI	SEX
BIKE INDOOR 07:00 ◆	MUAY THAI 06:30 ◆	BIKE INDOOR 07:00 ◆	MUAY THAI 06:30 ◆	BIKE INDOOR 07:30 ◆
FITDANCE 08:10 ◆	BIKE INDOOR 07:30 ◆	FITDANCE 08:10 ◆	BIKE INDOOR 07:30 ◆	JIU JITSU 11:00 ◆
BIKE 14:00 ◆	MAT PILATES 08:30 ◆	BIKE 14:00 ◆	MAT PILATES 08:30 ◆	JIU JITSU 18:00 ◆
STEP 17:00 ◆	JIU JITSU 11:00 ◆	STEP 17:00 ◆	JIU JITSU 11:00 ◆	FITDANCE 18:30 ◆
BIKE INDOOR 18:00 ◆	CIRCUITO 14:00 ◆	FUNCIONAL 18:00 ◆	CIRCUITO 14:00 ◆	MUAY THAI 19:15 ◆
JUMP+ABD 19:00 ◆	BIKE 15:00 ◆	BIKE INDOOR 19:00 ◆	BIKE 15:00 ◆	SÁB
JIU JITSU 19:00 ◆	MAT PILATES 17:45 ◆	JIU JITSU 19:00 ◆	MAT PILATES 17:45 ◆	
MUAY THAI 20:00 ◆	FITDANCE 18:30 ◆	MUAY THAI 20:00 ◆	FITDANCE 18:30 ◆	
	BIKE INDOOR 19:30 ◆		BIKE INDOOR 19:30 ◆	
	JIU JITSU 20:20 ◆		JIU JITSU 20:20 ◆	FITDANCE 10:00 ◆
				JIU JITSU 10:00 ◆

◆ PROFª LUMA ◆ PROFº ROGÉRIO ◆ PROFª FLÁVIA
◆ PROFº JOTA ◆ PROFº JOÃO ◆ PROFª ALINE

UNIDADE SUMARÉ