

HORÁRIO DE AULAS

INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 30/09/2025

SEG	TER	QUA	QUI	SEX
FITDANCE 07:30 60 MIN ◇	CORRIDA INDOOR 07:30 30 MIN ◆	FITDANCE 07:30 60 MIN ◇	CORRIDA INDOOR 07:30 30 MIN ◆	FITDANCE 07:30 60 MIN ◇
HIT 07:00 30 MIN ◆	BIKE 07:30 60 MIN ◇	LOCALIZADA 07:00 30 MIN ◆	FUNCIONAL 07:30 30 MIN ◆	BIKE 07:00 30 MIN ◇
FUNCIONAL 07:30 30 MIN ◆	CORE 08:30 15 MIN ◇	HIT 07:30 30 MIN ◆	BIKE 08:00 45 MIN ◇	PUMP 07:30 45 MIN ◆
CORE 08:00 30 MIN ◆	CROSS 09:00 30 MIN ◇	PUMP 08:00 30 MIN ◆	CORE 08:45 15 MIN ◇	MOBILIDADE 08:15 15 MIN ◆
BIKE 08:45 45 MIN ◇	LOCALIZADA 09:30 30 MIN ◇	BIKE 08:45 45 MIN ◇	JUMP 09:15 45 MIN ◇	PILATES 08:45 45 MIN ◇
PUMP 09:30 30 MIN ◇	FITDANCE 19:30 60 MIN ◇	CROSS TRAINING 09:30 30 MIN ◆	ALONGAMENTO 18:00 30 MIN ◇	FITDANCE 19:00 60 MIN ◇
FITDANCE 19:30 60 MIN ◇	ALONGAMENTO 18:00 30 MIN ◇	FITDANCE 19:30 60 MIN ◇	BIKE 18:30 30 MIN ◇	CORRIDA INDOOR 18:00 30 MIN ◆
CORRIDA INDOOR 18:00 30 MIN ◆	BIKE 18:30 45 MIN ◇	CORRIDA INDOOR 18:00 30 MIN ◆	FITDANCE 19:00 60 MIN ◇	BIKE 18:30 30 MIN ◇
BIKE 18:30 30 MIN ◇	CORE 19:20 30 MIN ◆	BIKE 18:30 45 MIN ◇	CORE 19:10 30 MIN ◆	GAP 19:10 30 MIN ◆
JUMP 19:00 30 MIN ◇	ENDURANCE 20:00 30 MIN ◆	GAP 19:20 30 MIN ◆	LOCALIZADA 19:45 45 MIN ◆	CROSS TRAINING 19:50 45 MIN ◆
ALONGAMENTO 19:35 30 MIN ◆		CROSS TRAINING 20:00 30 MIN ◆		
FUNCIONAL 20:00 30 MIN ◆				

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

DURAÇÃO DAS AULAS
◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE TAUBATÉ