

HORÁRIO DE AULAS

INOVA ATRIUM

SEG	TER	QUA	QUI	SEX
PILATES 07:00 ◆	PILATES 07:00 ◆	PILATES 07:00 ◆	ALONGAMENTO 07:00 ◆	ALONGAMENTO 07:00 ◆
FITDANCE 07:30 ◆	BIKE 07:30 ◆	FITDANCE 07:30 ◆	BIKE 07:30 ◆	CIRCUITO 07:30 ◆
CORE 08:15 ◆	STEP 08:00 ◆	RITMOS 08:10 ◆	FITDANCE 07:50 ◆	FITDANCE 08:00 ◆
RITBOX 08:30 ◆	FITDANCE 08:20 ◆	RITBOX 08:30 ◆	PILATES 08:30 ◆	RITMOS 08:40 ◆
YOGA 18:00 ◆	PILATES 18:00 ◆	ALONGAMENTO 18:00 ◆	PILATES 18:00 ◆	YOGA 18:00 ◆
GAP 18:30 ◆	JUMP 18:30 ◆	CIRCUITO F. 18:30 ◆	JUMP 18:30 ◆	BIKE 18:30 ◆
POWERFIT 19:00 ◆	FITDANCE 19:00 ◆	BIKE 19:00 ◆	FITDANCE 19:00 ◆	FITDANCE 19:00 ◆
FITDANCE 19:30 ◆	CORE 19:45 ◆	FITDANCE 19:30 ◆	CORE 19:45 ◆	MUAY THAI 20:30 ◆
PILATES 20:30 ◆	POWERFIT 20:00 ◆	PILATES 20:30 ◆	GAP 20:00 ◆	SÁB
MUAY THAI 21:00 ◆	ALONGAMENTO 20:30 ◆	MUAY THAI 21:00 ◆	ALONGAMENTO 20:30 ◆	
				FITDANCE 10:30 ◆

DURAÇÃO DAS AULAS

◆ 15' ◆ 20' ◆ 30' ◆ 40' ◆ 45' ◆ 60'

UNIDADE ATRIUM