

HORÁRIO DE AULAS

INOVA ITAJAÍ

SEG	TER	QUA	QUI	SEX
◆ ALONGAMENTO 06:30-30 MIN	◆ FITDANCE 06:30-30 MIN	◆ ALONGAMENTO 06:30-30 MIN	◆ FITDANCE 06:30-30 MIN	◆ GAP 06:30-30 MIN
◆ JUMP 07:00-30 MIN	◆ MUAY THAI 06:30-60 MIN	◆ GAP 07:00-30 MIN	◆ MUAY THAI 06:30-60 MIN	◆ JUMP 07:00-30 MIN
◆ BOXE 07:00-60 MIN	◆ BIKE 07:00-30 MIN	◆ BOXE 07:00-60 MIN	◆ BIKE 07:00-30 MIN	◆ BOXE 07:00-60 MIN
◆ CORE 07:30-15 MIN	◆ MUAY THAI 18:30-60 MIN	◆ JUMP 07:30-30 MIN	◆ MUAY THAI 18:30-60 MIN	◆ CORE 07:30-15 MIN
◆ DAN-SA 07:45-45 MIN	◆ FITDANCE 19:15-30 MIN	◆ DAN-SA 08:00-30 MIN	◆ FITDANCE 19:15-30 MIN	◆ ZUMBA 07:45-45 MIN
◆ BOXE 18:30-60 MIN	◆ BIKE 20:00-30 MIN	◆ HIT TRAINER 18:30-30 MIN	◆ BIKE 20:00-30 MIN	◆ HIT TRAINER 18:30-30 MIN
◆ HIT TRAINER 18:30-30 MIN		◆ BOXE 18:30-60 MIN		◆ BOXE 18:30-60 MIN
◆ YOGA 19:00-60 MIN		◆ YOGA 19:00-60 MIN		◆ YOGA 19:00-60 MIN
◆ BIKE 19:00-60 MIN		◆ BIKE 19:00-60 MIN		◆ BIKE 19:00-60 MIN
		◆ GAP 20:00-30 MIN		◆ GAP 20:00-30 MIN
		◆ MAT PILATES 20:30-30 MIN		◆ MAT PILATES 20:30-30 MIN

DATA DE ATUALIZAÇÃO: 23/10/2025

◆ LARISSA ◆ GLENIO ◆ NAKISSA
◆ MARI ◆ LUCAS

UNIDADE ITAJAÍ