

HORÁRIO DE AULAS

INOVA SHOPPING D

DATA DE ATUALIZAÇÃO: 26/11/2025

SEG	TER	QUA	QUI	SEX
MUAY THAI 06:00 60 MIN	ALONGAMENTO 06:00 60 MIN	BOXE 06:00 60 MIN	ALONGAMENTO 06:00 60 MIN	JIU-JITSU 06:00 60 MIN
PILATES 06:00 30 MIN	GAP 07:00 30 MIN	PILATES 06:00 30 MIN	GAP 07:00 30 MIN	PILATES COM BOLA 06:00 30 MIN
STEP 06:30 30 MIN	HIIT 07:30 30 MIN	ABDOMINAL 06:30 30 MIN	HIIT 07:30 30 MIN	ABDOMINAL 06:30 30 MIN
BIKE 07:00 60 MIN	FITDANCE 08:00 60 MIN	BIKE 07:00 60 MIN	FITDANCE 08:00 60 MIN	BIKE 07:00 60 MIN
FITDANCE 08:00 60 MIN	PILATES COM BOLA 17:00 30 MIN	FITDANCE 08:00 60 MIN	PILATES 17:00 30 MIN	FITDANCE 08:00 60 MIN
ALONGAMENTO 18:00 30 MIN	GAP 17:30 30 MIN	ALONGAMENTO 18:00 30 MIN	GAP 17:30 30 MIN	ALONGAMENTO 18:00 30 MIN
GAP 18:30 30 MIN	HIIT 18:00 30 MIN	GAP 18:30 30 MIN	HIIT 18:00 30 MIN	GAP 18:30 30 MIN
FITDANCE 19:00 60 MIN	ABS 18:30 30 MIN	FITDANCE 19:00 60 MIN	ABS 18:30 30 MIN	FITDANCE 19:00 60 MIN
MUAY THAI 20:00 60 MIN	BIKE 19:00 30 MIN	BOXE 20:00 60 MIN	BIKE 19:00 30 MIN	JIU-JITSU 20:00 60 MIN
FUNCIONAL 20:00 30 MIN	PILATES 19:30 30 MIN	FUNCIONAL 20:00 30 MIN	PILATES 19:30 30 MIN	FUNCIONAL 20:00 30 MIN
ABDOMINAL 20:30 30 MIN	FITDANCE 20:00 60 MIN	ABDOMINAL 20:30 30 MIN	FITDANCE 20:00 60 MIN	ABDOMINAL 20:30 30 MIN

◆ SANDRO
 ◆ RUDY
 ◆ KELMER
 ◆ DOUGLAS
 ◆ LATINO
 ◆ WILL

DURAÇÃO DAS AULAS
◆ 30' ◆ 60'

UNIDADE SHOPPING D