

HORÁRIO DE AULAS

INOVA ARARAQUARA

DATA DE ATUALIZAÇÃO: 05/01/2026

SEG	TER	QUA	QUI	SEX	SÁB
FITDANCE 07:00 ♦	FUNCIONAL 06:30 ♦	FITDANCE 07:00 ♦	FUNCIONAL 06:30 ♦	FUNCIONAL 06:30 ♦	FUNCIONAL 08:00 ♦
FUNCIONAL 08:00 ♦	MUAY THAI 07:00 ♦	FUNCIONAL 08:00 ♦	MUAY THAI 07:00 ♦	FUNCIONAL 08:00 ♦	BIKE 09:00 ♦
BIKE 09:00 ♦	BIKE 08:00 ♦	PILATES 09:00 ♦	BIKE 08:00 ♦	BIKE 17:00 ♦	FITDANCE 10:00 ♦
BIKE 17:00 ♦	PILATES 09:00 ♦	BIKE 17:00 ♦	PILATES 09:00 ♦	JUMP 18:00 ♦	
LOCAL/ FUNCIONAL 18:00 ♦	FUNCIONAL 17:00 ♦	LOCAL/ FUNCIONAL 18:00 ♦	FUNCIONAL 17:00 ♦	FITDANCE 19:00 ♦	
PILATES 19:00 ♦	BIKE 18:00 ♦	PILATES 19:00 ♦	BIKE 18:00 ♦		
FITDANCE 20:00 ♦	RITMOS 19:00 ♦	FITDANCE 20:00 ♦	RITMOS 19:00 ♦		
	MUAY THAI 20:00 ♦		MUAY THAI 20:00 ♦		

DURAÇÃO DAS AULAS ♦ 45'

UNIDADE ARARAQUARA