

HORÁRIO DE AULAS

INOVA ITAJAÍ

SEG	TER	QUA	QUI	SEX
◆ GAP 06:30-45 MIN	◆ FITDANCE 06:30-30 MIN	◆ FUNCIONAL 06:30-60 MIN	◆ FITDANCE 06:30-30 MIN	◆ ALONGAMENTO 06:30-30 MIN
◆ DAN-SA 07:15-30 MIN	◆ MUAY THAI 06:30-60 MIN	◆ JUMP 07:30-30 MIN	◆ MUAY THAI 06:30-60 MIN	◆ FUNCIONAL 07:00-60 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 07:45-15 MIN	◆ MUAY THAI 18:30-60 MIN	◆ PILATES 08:00-30 MIN	◆ YOGA 08:00-60 MIN	◆ ZUMBA 08:00-30 MIN
◆ ALONGAMENTO 08:00-30 MIN	◆ FITDANCE 19:15-30 MIN	◆ HIT TRAINER 18:30-30 MIN	◆ MUAY THAI 18:30-60 MIN	◆ HIT TRAINER 18:30-30 MIN
◆ BOXE 18:30-60 MIN	◆ JIU-JITSU 19:30-60 MIN	◆ BOXE 18:30-60 MIN	◆ FITDANCE 19:15-30 MIN	◆ BOXE 18:30-60 MIN
◆ HIT TRAINER 18:30-30 MIN	◆ BIKE 20:00-30 MIN	◆ YOGA 19:00-60 MIN	◆ JIU-JITSU 19:30- 60 MIN	◆ YOGA 19:00-60 MIN
◆ YOGA 19:00-60 MIN		◆ BIKE 19:00-40 MIN	◆ BIKE 20:00-30 MIN	◆ BIKE 19:00-40 MIN
◆ BIKE 19:00-40 MIN		◆ CORE 19:40- 20MIN		◆ CORE 19:40-20 MIN
◆ CORE 19:40-20 MIN		◆ GAP 20:00-30 MIN		◆ GAP 20:00-30 MIN
		◆ ALONGAMENTO 20:30-30 MIN		◆ ALONGAMENTO 20:30-30 MIN

DATA DE ATUALIZAÇÃO: 12/01/2026

◆ LARISSA ◆ PATRICIA ◆ NAKISSA
◆ MARI ◆ LUCAS ◆ PEDRO

UNIDADE ITAJAÍ