

HORÁRIO DE AULAS

INOVA INDAIATUBA

DATA DE ATUALIZAÇÃO: 24/02/2026

SEG	TER	QUA	QUI	SEX
BIKE 08:00 ◆	MUAY THAI 07:00 ◆	BIKE 08:00 ◆	MUAY THAI 07:00 ◆	MUAY THAI 07:30 ◆
FITDANCE 08:00 ◆	GAP 08:00 ◆	FITDANCE 08:00 ◆	GAP 08:00 ◆	BIKE 08:00 ◆
G.A.P 17:00 ◆	BIKE 08:00 ◆	GAP 17:00 ◆	BIKE 08:00 ◆	FITDANCE 18:30 ◆
MAT. PILATES 18:00 ◆	MAT PILATES 09:00 ◆	MAT. PILATES 18:00 ◆	MAT PILATES 09:00 ◆	
BIKE 18:30 ◆	MUAY THAI 18:00 ◆	BIKE 18:30 ◆	MUAY THAI 18:00 ◆	
FITDANCE 19:00 ◆	BIKE 18:30 ◆	FITDANCE 19:00 ◆	BIKE 18:30 ◆	
BIKE 19:30 ◆	MUAY THAI 19:00 ◆	BIKE 19:30 ◆	MUAY THAI 19:00 ◆	SÁB
	ALONGAMENTO 20:00 ◆		ALONGAMENTO 20:00 ◆	ESCALA 09:30
				ESCALA 10:30

◆ **JOBSON**
◆ **KELLY**
◆ **IVAN**
◆ **KARINY**

UNIDADE INDAIATUBA

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