

# HORÁRIO DE AULAS

## INOVA SHOPPING D

DATA DE ATUALIZAÇÃO: 02/03/2026

SEG	TER	QUA	QUI	SEX
PILATES 06:00 30 MIN ◆	PILATES 07:30 30 MIN ◆	PILATES 06:00 30 MIN ◆	PILATES 07:30 30 MIN ◆	PILATES 06:00 30 MIN ◆
STEP 06:30 30 MIN ◆	BIKE HIIT 08:00 30 MIN ◆	ABDOMINAL 06:30 30 MIN ◆	BIKE HIIT 08:00 30 MIN ◆	STEP 06:30 30 MIN ◆
MUAY THAI 07:00 60 MIN ◆	FITDANCE 08:00 60 MIN ◆	BOXE 07:00 60 MIN ◆	FITDANCE 08:00 60 MIN ◆	MUAY THAI 07:00 60 MIN ◆
BIKE 07:00 60 MIN ◆	BIKE 08:30 30 MIN ◆	BIKE 07:00 60 MIN ◆	BIKE 08:30 30 MIN ◆	BIKE 07:00 60 MIN ◆
FITDANCE 08:00 60 MIN ◆	GAP 09:00 30 MIN ◆	FITDANCE 08:00 60 MIN ◆	GAP 09:00 30 MIN ◆	FITDANCE 08:00 60 MIN ◆
FITDANCE 18:00 60 MIN ◆	MOBILIDADE 18:00 30 MIN ◆	FITDANCE 18:00 60 MIN ◆	MOBILIDADE 18:00 30 MIN ◆	FITDANCE 18:00 60 MIN ◆
ALONGAMENTO 19:00 30 MIN ◆	CIRCUITO F. 18:30 30 MIN ◆	ALONGAMENTO 19:00 30 MIN ◆	CIRCUITO F. 18:30 30 MIN ◆	ALONGAMENTO 19:00 30 MIN ◆
MUAY THAI 19:00 60 MIN ◆	PILATES 19:00 30 MIN ◆	BOXE 19:00 60 MIN ◆	PILATES 19:00 30 MIN ◆	MUAY THAI 19:00 60 MIN ◆
GAP 19:30 30 MIN ◆	STEP 19:30 30 MIN ◆	GAP 19:30 30 MIN ◆	STEP 19:30 30 MIN ◆	PILATES 19:30 30 MIN ◆
BIKE HIIT 20:00 30 MIN ◆				
BIKE 20:30 30 MIN ◆	FITDANCE 20:00 60 MIN ◆	BIKE 20:30 30 MIN ◆	FITDANCE 20:00 60 MIN ◆	BOXE 20:00 60 MIN ◆
PILATES 21:00 30 MIN ◆	BIKE 20:30 30 MIN ◆	PILATES 21:00 30 MIN ◆	BIKE 20:30 30 MIN ◆	BIKE 20:30 30 MIN ◆
				PILATES 21:00 30 MIN ◆

◆ FELIPE ◆ RUDY ◆ KELMER ◆ VINICIUS  
◆ TATI ◆ CYNTIA ◆ DOUGLAS ◆ THIAGO

DURAÇÃO DAS AULAS  
◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE SHOPPING D