

HORÁRIO DE AULAS

INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 05/03/2026

SEG	TER	QUA	QUI	SEX
BIKE SPINNING 07:00 30 MIN ◇	RITMOS 07:30 60 MIN ◇	FITDANCE 07:30 60 MIN ◇	RITMOS 07:30 60 MIN ◇	BIKE SPINNING 07:00 30 MIN ◇
FITDANCE 07:30 60 MIN ◇	BIKE SPINNING 08:30 45 MIN ◇	BIKE SPINNING 08:30 45 MIN ◇	BIKE SPINNING 08:30 30 MIN ◇	FITDANCE 07:30 60 MIN ◇
FUNCIONAL 07:30 30 MIN ◆	CORE 09:15 15 MIN ◇	CROSS TRAINING 09:30 30 MIN ◆	STEP 09:00 30 MIN ◇	PUMP 07:30 30 MIN ◆
CORE 08:30 30 MIN ◆	LOCAL 09:30 30 MIN ◆	CORRIDA INDOOR 18:00 30 MIN ◆	JUMP 09:30 30 MIN ◇	HIIT 08:00 30 MIN ◆
BIKE SPINNING 08:45 45 MIN ◇	PILATES 16:00 30 MIN ◇	BIKE SPINNING 18:30 30 MIN ◇	PILATES 16:00 30 MIN ◇	BIKE SPINNING 08:30 30 MIN ◇
CROSS TRAINING 09:30 30 MIN ◆	ALONGAMENTO 18:00 30 MIN ◇	STEP 19:00 30 MIN ◇	ALONGAMENTO 18:00 30 MIN ◇	PILATES 09:00 30 MIN ◇
CORRIDA INDOOR 18:00 30 MIN ◆	BIKE SPINNING 18:30 45 MIN ◇	FITDANCE 19:30 60 MIN ◇	BIKE SPINNING 18:30 30 MIN ◇	CORRIDA INDOOR 18:00 30 MIN ◆
BIKE SPINNING 18:30 30 MIN ◇	CORE 19:15 15 MIN ◆		CORE 19:10 30 MIN ◆	GAP 18:30 30 MIN ◇
JUMP 19:00 30 MIN ◇	FUNCIONAL 19:35 30 MIN ◆		FITDANCE 19:30 60 MIN ◇	BIKE SPINNING 19:00 30 MIN ◇
FITDANCE 19:30 60 MIN ◇	FITDANCE 19:30 60 MIN ◇		FUNCIONAL 19:30 30 MIN ◆	GAP 19:05 30 MIN ◆
				FITDANCE 19:30 60 MIN ◇

◆ SALA DE HIIT ◇ SALA DE GINÁSTICA ◆ SALA DE MUSCULAÇÃO

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

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