

HORÁRIO DE AULAS

INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 09/03/2026

| 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 ◆ | 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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