

HORÁRIO DE AULAS

INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 02/04/2026

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 45 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 08:00 30 MIN ◆	LOCALIZADA 09:30 30 MIN ◇	CORRIDA INDOOR 17:30 30 MIN ◆	JUMP 09:30 30 MIN ◇	HIIT 08:00 30 MIN ◆
BIKE SPINNING 08:45 45 MIN ◇	ALONGAMENTO 17:30 30 MIN ◇	STEP 18:00 30 MIN ◇	ALONGAMENTO 17:30 30 MIN ◇	BIKE SPINNING 08:30 30 MIN ◇
CROSS TRAINING 09:30 30 MIN ◇	CORE 18:30 15 MIN ◇	BIKE SPINNING 18:30 45 MIN ◇	CORE 18:00 15 MIN ◇	PILATES 09:00 30 MIN ◇
CORRIDA INDOOR 17:30 30 MIN ◆	FUNCIONAL 18:15 15 MIN ◇	FITDANCE 19:30 60 MIN ◇	FUNCIONAL 18:15 15 MIN ◇	CORRIDA INDOOR 17:30 30 MIN ◆
JUMP 18:00 30 MIN ◇	BIKE SPINNING 18:30 45 MIN ◇		BIKE SPINNING 18:30 45 MIN ◇	PILATES 18:00 30 MIN ◇
BIKE SPINNING 18:30 30 MIN ◇	FITDANCE 19:30 60 MIN ◇		FITDANCE 19:30 60 MIN ◇	BIKE SPINNING 18:30 30 MIN ◇
FITDANCE 19:30 60 MIN ◇				GAP 19:00 15 MIN ◇
				FUNCIONAL 19:15 15 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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