

HORÁRIO DE AULAS

INOVA SHOPPING D

DATA DE ATUALIZAÇÃO: 14/07/2026

SEG	TER	QUA	QUI	SEX
MUAY THAI 07:00 60 MIN ◆	PILATES 07:30 30 MIN ◆	BOXE 07:00 60 MIN ◆	PILATES 07:30 30 MIN ◆	MUAY THAI 07:00 60 MIN ◆
ZUMBA 07:00 60 MIN ◆	BIKE HIIT 08:00 30 MIN ◆	ZUMBA 07:00 60 MIN ◆	BIKE HIIT 08:00 30 MIN ◆	ZUMBA 07:00 60 MIN ◆
PILATES 08:00 30 MIN ◆	FITDANCE 08:00 60 MIN ◆	PILATES 08:00 30 MIN ◆	FITDANCE 08:00 60 MIN ◆	PILATES 08:00 30 MIN ◆
FITDANCE 08:30 60 MIN ◆	BIKE 08:30 30 MIN ◆	FITDANCE 08:30 60 MIN ◆	BIKE 08:30 30 MIN ◆	FITDANCE 08:30 60 MIN ◆
BIKE 08:30 60 MIN ◆	GAP 09:00 30 MIN ◆	BIKE 08:30 60 MIN ◆	GAP 09:00 30 MIN ◆	BIKE 08:30 60 MIN ◆
ALONGAMENTO 09:30 30 MIN ◆	CIRCUITO F. 17:30 30 MIN ◆	ALONGAMENTO 09:30 30 MIN ◆	CIRCUITO F. 17:30 30 MIN ◆	ALONGAMENTO 09:30 30 MIN ◆
ALONGAMENTO 17:30 30 MIN ◆	MOBILIDADE 18:00 30 MIN ◆	ALONGAMENTO 17:30 30 MIN ◆	MOBILIDADE 18:00 30 MIN ◆	PILATES 18:00 30 MIN ◆
PILATES 18:00 30 MIN ◆	STEP 18:30 30 MIN ◆	PILATES 18:00 30 MIN ◆	STEP 18:30 30 MIN ◆	FITDANCE 18:30 60 MIN ◆
FITDANCE 18:30 60 MIN ◆	PILATES 19:00 30 MIN ◆	FITDANCE 18:30 60 MIN ◆	PILATES 19:00 30 MIN ◆	BIKE 18:30 30 MIN ◆
BIKE 18:30 30 MIN ◆	JUMP 19:30 30 MIN ◆	BIKE 18:30 30 MIN ◆	JUMP 19:30 30 MIN ◆	MUAY THAI 19:00 60 MIN ◆
MUAY THAI 19:00 60 MIN ◆	FITDANCE 20:00 60 MIN ◆	MUAY THAI 19:00 60 MIN ◆	FITDANCE 20:00 60 MIN ◆	BIKE HIT 19:00 30 MIN ◆
BIKE HIT 19:00 30 MIN ◆	BIKE 20:00 30 MIN ◆	BIKE HIT 19:00 30 MIN ◆	BIKE 20:00 30 MIN ◆	PILATES 19:30 30 MIN ◆
JUMP 19:30 30 MIN ◆	BIKE HIT 20:30 30 MIN ◆	JUMP 19:30 30 MIN ◆	BIKE HIT 20:30 30 MIN ◆	BOXE 20:00 60 MIN ◆
BOXE 20:30 60 MIN ◆		BOXE 20:30 60 MIN ◆		ALONGAMENTO 20:00 30 MIN ◆
PILATES 20:00 30 MIN ◆		PILATES 20:00 30 MIN ◆		

◆ FELIPE ◆ TONY ◆ GIOVANNA ◆ GUILHERME D. ◆ GUILHERME V. ◆ VINICIUS ◆ THIAGO ◆ CYNTIA

UNIDADE SHOPPING D