

HORÁRIO DE AULAS

INOVA ATRIUM

DATA DE ATUALIZAÇÃO: 28/08/2026

SEG

TER

QUA

QUI

SÁB

PILATES 07:00 30 MIN ◆	ALONGAMENTO 07:00 30 MIN ◆	PILATES 07:00 30 MIN ◆	ALONGAMENTO 07:00 30 MIN ◆	FITDANCE 10:40 60 MIN ◆
FITDANCE 07:30 45 MIN ◆	BIKE 07:30 30 MIN ◆	FITDANCE 07:30 40 MIN ◆	BIKE 07:30 30 MIN ◆	CAPOEIRA 12:00 120 MIN ◆
CORE 08:15 15 MIN ◆	CIRCUITO 08:00 20 MIN ◆	GAP 08:10 20 MIN ◆	GAP 08:00 20 MIN ◆	
RITBOX 08:30 30 MIN ◆	FITDANCE 08:20 40 MIN ◆	RITBOX 08:30 30 MIN ◆	FITDANCE 08:20 40 MIN ◆	
ALONGAMENTO 18:00 30 MIN ◆	PILATES 18:00 30 MIN ◆	ALONGAMENTO 18:30 30 MIN ◆	PILATES 18:00 30 MIN ◆	
GAP 18:30 30 MIN ◆	JUMP 18:30 30 MIN ◆	FUNCIONAL 19:00 30 MIN ◆	JUMP 18:30 30 MIN ◆	
POWER FIT 19:00 30 MIN ◆	FITDANCE 19:00 45 MIN ◆	FITDANCE 19:30 60 MIN ◆	FITDANCE 19:00 45 MIN ◆	
FITDANCE 19:30 60 MIN ◆	CORE 19:45 15 MIN ◆	MUAY THAI 21:00 60 MIN ◆	CORE 19:45 15 MIN ◆	
ALONGAMENTO 20:30 30 MIN ◆	GAP 20:00 30 MIN ◆		JUMP 20:00 30 MIN ◆	
MUAY THAI 21:00 60 MIN ◆	PILATES 20:30 30 MIN ◆		ALONGAMENTO 20:30 30 MIN ◆	

◆ **THIAGO** ◆ **LEANDRO** ◆ **BIANCA** ◆ **VINICIUS** ◆ **TIMBU** ◆ **CARLA**

UNIDADE ATRIUM

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