

HORÁRIO DE AULAS

INOVA PARKCITY SUMARÉ

SEG	TER	QUA	QUI	SEX
BIKE INDOOR 07:00 ◆	MUAY THAI 06:30 ◆	BIKE INDOOR 07:00 ◆	MUAY THAI 06:30 ◆	BIKE 07:00 ◆
FITDANCE 08:00 ◆	BIKE 07:30 ◆	FITDANCE 08:00 ◆	BIKE 07:30 ◆	JIU-JITSU 10:00 ◆
BIKE 14:00 ◆	PILATES 08:30 ◆	BIKE 14:00 ◆	PILATES 08:30 ◆	BIKE 15:00 ◆
PILATES 15:00 ◆	JIU-JITSU 10:00 ◆	PILATES 15:00 ◆	JIU-JITSU 10:00 ◆	JIU-JITSU 18:00 ◆
MUAY THAI 16:00 ◆	GLÚTEO 14:00 ◆	MUAY THAI 16:00 ◆	GLÚTEO 14:00 ◆	FITDANCE 18:30 ◆
PILATES 17:30 ◆	BIKE 15:00 ◆	PILATES 17:30 ◆	BIKE 15:00 ◆	MUAY THAI 19:15 ◆
FUNCIONAL 18:15 ◆	BOXE 17:30 ◆	FUNCIONAL 18:15 ◆	BOXE 17:30 ◆	SÁB
BIKE 19:00 ◆	ALONGAMENTO 18:00 ◆	BIKE 19:00 ◆	ALONGAMENTO 18:00 ◆	
JIU-JITSU 19:00 ◆	JIU-JITSU 19:00 ◆	JIU-JITSU 19:00 ◆	JIU-JITSU 19:00 ◆	
MUAY THAI 20:00 ◆	FITDANCE 19:00 ◆	MUAY THAI 20:00 ◆	FITDANCE 20:00 ◆	
				FITDANCE 09:00 ◆
				JIU-JITSU 10:00 ◆

◆ PROFº KAUE ◆ PROFº JOECIO ◆ PROFª FLÁVIA
◆ PROFº JOTA ◆ PROFº JOÃO

UNIDADE SUMARÉ