

# HORÁRIO DE AULAS

## INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 14/08/2026

| SEG                                 | TER                                 | QUA                                 | QUI                                 | SEX                                 |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| BIKE SPINNING<br>07:00<br>30 MIN ◇  | RITMOS<br>07:30<br>60 MIN ◇         | FITDANCE<br>07:30<br>60 MIN ◇       | FITDANCE<br>07:30<br>60 MIN ◇       | BIKE SPINNING<br>07:00<br>30 MIN ◇  |
| FITDANCE<br>07:30<br>60 MIN ◇       | BIKE SPINNING<br>08:30<br>45 MIN ◇  | BIKE SPINNING<br>08:30<br>45 MIN ◇  | BIKE SPINNING<br>08:30<br>30 MIN ◇  | FITDANCE<br>07:30<br>60 MIN ◇       |
| FUNCIONAL<br>07:30<br>30 MIN ◇      | CORE<br>09:15<br>15 MIN ◇           | CROSS TRAINING<br>09:30<br>30 MIN ◇ | STEP<br>09:00<br>30 MIN ◇           | PUMP<br>07:30<br>30 MIN ◇           |
| CORE<br>08:00<br>30 MIN ◇           | LOCALIZADA<br>09:30<br>30 MIN ◇     | CORRIDA INDOOR<br>17:30<br>30 MIN ◇ | JUMP<br>09:30<br>30 MIN ◇           | HIIT<br>08:00<br>30 MIN ◇           |
| BIKE SPINNING<br>08:45<br>45 MIN ◇  | ALONGAMENTO<br>17:30<br>30 MIN ◇    | FUNCIONAL<br>18:00<br>30 MIN ◇      | ALONGAMENTO<br>17:30<br>30 MIN ◇    | BIKE SPINNING<br>08:30<br>30 MIN ◇  |
| CROSS TRAINING<br>09:30<br>30 MIN ◇ | CORE E GAP<br>18:00<br>30 MIN ◇     | BIKE SPINNING<br>18:30<br>45 MIN ◇  | MOBILIDADE<br>18:00<br>30 MIN ◇     | PILATES<br>09:00<br>30 MIN ◇        |
| CORRIDA INDOOR<br>17:30<br>30 MIN ◆ | BIKE SPINNING<br>18:30<br>45 MIN ◇  | CORE<br>19:30<br>15 MIN ◇           | FUNCIONAL<br>18:30<br>60 MIN ◇      | CORRIDA INDOOR<br>17:30<br>30 MIN ◆ |
| CORE<br>18:00<br>30 MIN ◇           | CORRIDA INDOOR<br>19:30<br>30 MIN ◆ | FITDANCE<br>19:30<br>60 MIN ◇       | CORRIDA INDOOR<br>19:30<br>45 MIN ◆ | CORE<br>18:00<br>30 MIN ◇           |
| BIKE SPINNING<br>18:30<br>45 MIN ◇  | FITDANCE<br>19:30<br>60 MIN ◇       | FUNCIONAL<br>19:45<br>45 MIN ◇      | FITDANCE<br>19:30<br>60 MIN ◇       | BIKE SPINNING<br>18:30<br>45 MIN ◇  |
| MOBILIDADE<br>19:30<br>30 MIN ◇     | MOBILIDADE<br>20:00<br>30 MIN ◇     |                                     | BIKE SPINNING<br>20:30<br>30 MIN ◇  | FITDANCE<br>19:30<br>60 MIN ◇       |
| FITDANCE<br>19:30<br>60 MIN ◇       | BIKE<br>20:30<br>30 MIN ◇           |                                     |                                     |                                     |
| FUNCIONAL<br>20:00<br>30 MIN ◇      |                                     |                                     |                                     |                                     |
| BIKE<br>20:30<br>30 MIN ◇           |                                     |                                     |                                     |                                     |

◆ SALA DE HIIT ◇ SALA DE GINÁSTICA ◆ SALA DE MUSCULAÇÃO

DURAÇÃO DAS AULAS  
◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE TAUBATÉ