

HORÁRIO DE AULAS

INOVA ATRIUM

DATA DE ATUALIZAÇÃO: 22/09/2026

SEG

TER

QUA

QUI

SEX

PILATES
07:00
30 MIN



FITDANCE
07:30
45 MIN



CORE
08:15
15 MIN



RITBOX
08:30
30 MIN



ALONGAMENTO
18:00
30 MIN



GAP
18:30
30 MIN



BIKE
19:00
30 MIN



FITDANCE
19:30
60 MIN



ALONGAMENTO
20:30
30 MIN



MUAY THAI
21:00
60 MIN



ALONGAMENTO
07:00
30 MIN



BIKE
07:30
30 MIN



CIRCUITO
08:00
20 MIN



FITDANCE
08:20
40 MIN



PILATES
18:00
30 MIN



JUMP
18:30
30 MIN



FITDANCE
19:00
45 MIN



CORE
19:45
15 MIN



GAP
20:00
30 MIN



PILATES
20:30
30 MIN



PILATES
07:00
30 MIN



FITDANCE
07:30
40 MIN



GAP
08:10
20 MIN



RITBOX
08:30
30 MIN



ALONGAMENTO
18:30
30 MIN



FUNCIONAL
19:00
30 MIN



FITDANCE
19:30
60 MIN



MUAY THAI
21:00
60 MIN



ALONGAMENTO
07:00
30 MIN



BIKE
07:30
30 MIN



GAP
08:00
20 MIN



FITDANCE
08:20
40 MIN



PILATES
18:00
30 MIN



JUMP
18:30
30 MIN



FITDANCE
19:00
45 MIN



CORE
19:45
15 MIN



JUMP
20:00
30 MIN



ALONGAMENTO
20:30
30 MIN



ALONGAMENTO
07:30
30 MIN



CIRCUITO F.
07:30
30 MIN



FITDANCE
08:00
40 MIN



COREFIT
08:40
20 MIN



MUAY THAI
20:30
60 MIN



SÁB

FITDANCE
10:40
60 MIN



CAPOEIRA
12:00
120 MIN



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

UNIDADE ATRIUM

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