

HORÁRIO DE AULAS

INOVA ITAPECERICA

SEG	TER	QUA	QUI	SEX
STEP 06:00 ◆	STEP 06:50 ◆	PILATES SOLO 06:00 ◆	CIRCUITO F. 06:50 ◆	BIKE CLASS 06:00 ◆
PILATES SOLO 06:50 ◆	PILATES SOLO 07:30 ◆	BIKE CLASS 06:50 ◆	PILATES SOLO 07:30 ◆	STEP 06:50 ◆
MUAY THAI 07:30 ◆	BIKE CLASS 08:15 ◆	JIU-JITSU 07:30 ◆	RITBOX 08:15 ◆	MUAY THAI 07:30 ◆
TAI CHI CHUAN 10:00 ◆	RITBOX 08:15 ◆	FITDANCE GOLD 60+ 07:50 ◆	JUMP 17:45 ◆	PILATES SOLO 10:15 ◆
JUMP 17:15 ◆	JUMP 09:15 ◆	PILATES SOLO 10:15 ◆	BIKE CLASS 18:45 ◆	TAI CHI CHUAN 14:00 ◆
JIU-JITSU 17:40 ◆	GAP 17:45 ◆	RITBOX 17:15 ◆	JIU-JITSU 19:00 ◆	JUMP 17:15 ◆
BIKE CLASS 18:15 ◆	JUMP 18:45 ◆	BIKE CLASS 18:15 ◆	PILATES SOLO 19:45 ◆	FITDANCE 18:30 ◆
FITDANCE 18:15 ◆	JIU-JITSU 19:00 ◆	FITDANCE 18:15 ◆	BOXE 20:00 ◆	JIU-JITSU 18:30 ◆
MUAY THAI 19:00 ◆	CIRCUITO F. 19:30 ◆	FITDANCE DISCO 19:00 ◆		BOXE 19:30 ◆
RITMOS LATINOS 19:00 ◆	BOXE 20:00 ◆	MUAY THAI 19:00 ◆		RITMOS LATINOS 19:30 ◆
RITBOX 19:45 ◆	BIKE CLASS 20:15 ◆	RITBOX 19:45 ◆		
		BOXE 20:00 ◆		

◆ VERÔNICA ◆ FERNANDA ◆ LUCAS ◆ WASHINGTON

◆ MARCOS ◆ LÍDIA ◆ GABRIEL

UNIDADE ITAPECERICA