

HORÁRIO DE AULAS

INOVA MAXX

SEG	TER	QUA	QUI	SEX	SÁB
JUMP 06:00 ♦	FITDANCE 06:30 ♦	JUMP 06:00 ♦	FITDANCE 06:30 ♦	FITDANCE 06:30 ♦	BIKE 08:00 ♦
ZUMBA 07:00 ♦	BIKE 07:00 ♦	ZUMBA 07:00 ♦	BIKE 07:00 ♦	BOXE 07:00 ♦	MUAY THAI 08:00 ♦
BOXE 07:00 ♦	MUAY THAI 07:00 ♦	BOXE 07:00 ♦	MUAY THAI 07:00 ♦	CROSS 07:00 ♦	ZUMBA 09:00 ♦
CROSS 07:00 ♦	ALONGAMENTO 08:00 ♦	CROSS 07:00 ♦	ALONGAMENTO 08:00 ♦	ZUMBA 08:00 ♦	CROSS 09:00 ♦
GAP 08:00 ♦	JUMP 18:00 ♦	GAP 08:00 ♦	JUMP 18:00 ♦	BIKE 08:00 ♦	
BIKE 08:00 ♦	FUNCIONAL 18:00 ♦	BIKE 08:00 ♦	FUNCIONAL 18:00 ♦	ALONGAMENTO 09:00 ♦	
PILATES 09:00 ♦	FITDANCE 19:00 ♦	PILATES 09:00 ♦	FITDANCE 19:00 ♦	GAP 18:00 ♦	
FUNCIONAL 17:00 ♦	BIKE 19:00 ♦	FUNCIONAL 17:00 ♦	BIKE 19:00 ♦	BIKE 18:00 ♦	
ZUMBA 18:00 ♦	MUAY THAI 19:00 ♦	ZUMBA 18:00 ♦	MUAY THAI 19:00 ♦	JIU-JITSU 18:00 ♦	
BIKE 18:00 ♦	PILATES 20:00 ♦	BIKE 18:00 ♦	PILATES 20:00 ♦	FITDANCE 19:00 ♦	
GAP 19:00 ♦	BIKE 20:00 ♦	GAP 19:00 ♦	BIKE 20:00 ♦	BIKE 19:00 ♦	
BIKE 19:00 ♦	JIU-JITSU 20:30 ♦	BIKE 19:00 ♦	JIU-JITSU 20:30 ♦	BOXE 19:00 ♦	
CROSS 19:00 ♦		CROSS 19:00 ♦		CROSS 19:00 ♦	
JIU-JITSU 19:00 ♦		JIU-JITSU 19:00 ♦			
PILATES 20:00 ♦		PILATES 20:00 ♦			
CROSS 20:00 ♦		CROSS 20:00 ♦			
BOXE 20:30 ♦		BOXE 20:30 ♦			

DATA DE ATUALIZAÇÃO: 15/09/2026

UNIDADE MAXX

STUDIO MAXX ♦

STUDIO HIIT MAXX ♦

STUDIO FIGHT ♦

STUDIO BIKE ♦