

HORÁRIO DE AULAS

INOVA ATRIUM

DATA DE ATUALIZAÇÃO: 07/10/2026

SEG

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 ◆

TER

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 ◆

QUA

PILATES
07:00
30 MIN ◆

FITDANCE
07:30
40 MIN ◆

GAP
08:10
20 MIN ◆

RITBOX
08:30
30 MIN ◆

FITDANCE
18:40
60 MIN ◆

MUAY THAI
21:00
60 MIN ◆

QUI

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 ◆

SEX

ALONGAMENTO
07:30
30 MIN ◆

CIRCUITO F.
07:30
30 MIN ◆

FITDANCE
08:00
40 MIN ◆

COREFIT
08:40
20 MIN ◆

FITDANCE
18:40
60 MIN ◆

MUAY THAI
20:30
60 MIN ◆

SÁB

FITDANCE
10:40
60 MIN ◆

◆ THIAGO ◆ LEANDRO ◆ BIANCA ◆ VINICIUS ◆ HENRRY ◆ CARLA ◆ NATANE ◆ LETICIA

UNIDADE ATRIUM

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