

HORÁRIO DE AULAS

INOVA ATRIUM

DATA DE ATUALIZAÇÃO: 14/10/2026

SEG	TER	QUA	QUI	SEX
PILATES 07:00 30 MIN ◆	ALONGAMENTO 07:00 30 MIN ◆	PILATES 07:00 30 MIN ◆	ALONGAMENTO 07:00 30 MIN ◆	ALONGAMENTO 07:30 30 MIN ◆
FITDANCE 07:30 45 MIN ◆	BIKE 07:30 30 MIN ◆	FITDANCE 07:30 40 MIN ◆	BIKE 07:30 30 MIN ◆	CIRCUITO F. 07:30 30 MIN ◆
CORE 08:15 15 MIN ◆	CIRCUITO 08:00 20 MIN ◆	GAP 08:10 20 MIN ◆	GAP 08:00 20 MIN ◆	FITDANCE 08:00 40 MIN ◆
RITBOX 08:30 30 MIN ◆	FITDANCE 08:20 40 MIN ◆	RITBOX 08:30 30 MIN ◆	FITDANCE 08:20 40 MIN ◆	COREFIT 08:40 20 MIN ◆
ALONGAMENTO 18:00 30 MIN ◆	PILATES 18:00 30 MIN ◆	FITDANCE 18:40 60 MIN ◆	PILATES 18:00 30 MIN ◆	FITDANCE 18:40 60 MIN ◆
GAP 18:30 30 MIN ◆	JUMP 18:30 30 MIN ◆	MUAY THAI 21:00 60 MIN ◆	JUMP 18:30 30 MIN ◆	MUAY THAI 20:30 60 MIN ◆
BIKE 19:00 30 MIN ◆	FITDANCE 19:00 45 MIN ◆		FITDANCE 19:00 45 MIN ◆	
FITDANCE 19:30 60 MIN ◆	CORE 19:45 15 MIN ◆		CORE 19:45 15 MIN ◆	
ALONGAMENTO 20:30 30 MIN ◆	GAP 20:00 30 MIN ◆		JUMP 20:00 30 MIN ◆	
MUAY THAI 21:00 60 MIN ◆	PILATES 20:30 30 MIN ◆		ALONGAMENTO 20:30 30 MIN ◆	
				SÁB
				FITDANCE 10:40 60 MIN ◆

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

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