

HORÁRIO DE AULAS

INOVA JARDIM

SEG	TER	QUA	QUI	SEX
BIKE 07:00 ◆	BIKE CLASS 07:00 ◆	BIKE 07:00 ◆	BIKE CLASS 07:00 ◆	BIKE 07:00 ◆
ABS 07:45 ◆	PILATES ON THE BALL 07:30 ◆	FUNCIONAL 07:30 ◆	PILATES ON THE BALL 07:30 ◆	FUNCIONAL 07:30 ◆
PUMP 08:00 ◆	LOCALIZADA 08:00 ◆	GAP 08:00 ◆	LOCALIZADA 08:00 ◆	ABDOMINAL 08:00 ◆
ALONGAMENTO 08:30 ◆	ABDOMINAL 08:45 ◆	ALONGAMENTO 08:45 ◆	ABS 08:45 ◆	PUMP 08:15 ◆
FITDANCE 09:00 ◆	PILATES 18:00 ◆	FITDANCE 09:00 ◆	PILATES 18:00 ◆	FITDANCE 09:00 ◆
ALONG./HIIT 18:00 ◆	JUMP 19:00 ◆	ALONGAMENTO 18:00 ◆	STEP 19:00 ◆	FITDANCE 18:30 ◆
YOGA 18:00 ◆	BIKE 19:30 ◆	YOGA 18:00 ◆	BIKE 19:30 ◆	SÁB
BIKE/ABDOMINAL 18:30 ◆	MUAY THAI 20:00 ◆	BIKE CLASS 18:30 ◆	MUAY THAI 20:00 ◆	
FITDANCE 19:00 ◆	LOCALIZADA 20:15 ◆	HIIT+ABDÔMEN 19:00 ◆	LOCALIZADA 20:15 ◆	
HIIT/PILATES 19:00 ◆		FITDANCE 19:00 ◆		
BIKE/BOXE 20:00 ◆		BIKE CLASS 20:00 ◆		
GAP 20:30 ◆		ABDOMINAL 20:45 ◆		ALONGAMENTO 10:00 ◆
HIIT 20:30 ◆				HIIT 10:30 ◆
				JUMP 11:00 ◆
				BIKE CLASS 11:30 ◆

AULA DE BIKE: RETIRAR A SENHA 30 MINUTOS
ANTES DA AULA NA RECEPÇÃO

DURAÇÃO DAS AULAS

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE JARDIM