HORÁRIO DE AULAS

INOVA TAUBATÉ

DATA DE ATUALIZAÇÃO: 19/11/2026

SEG	TER	QUA	QUI	SEX
BIKE SPINNING 07:15 45 MIN ◇	BIKE SPINNING 07:30 30 MIN ◇	BIKE SPINNING 08:30 45 MIN ◇	BIKE SPINNING 07:30 30 MIN ◇	BIKE SPINNING 07:15 45 MIN ◇
PILATES 08:00 30 MIN ◇	BIKE 09:00 45 MIN ◇	PILATES 09:30 30 MIN ◇	BIKE SPINNING 09:00 45 MIN ◇	PILATES 08:00 30 MIN ◇
BIKE 08:45 45 MIN ◇	ALONGAMENTO 17:30 30 MIN ◇	CORRIDA INDOOR 17:30 30 MIN ◇	ALONGAMENTO 17:30 30 MIN ◇	BIKE SPINNING 08:45 45 MIN ◇
CORRIDA INDOOR 17:30 30 MIN ◆	CORE E GAP 18:00 30 MIN ◇	FUNCIONAL 18:00 30 MIN ◇	MOBILIDADE 18:00 30 MIN ◇	CORRIDA INDOOR 17:30 30 MIN ◆
CORE 18:00 30 MIN ◇	BIKE SPINNING 18:30 45 MIN ◇	BIKE SPINNING 18:30 45 MIN ◇	FUNCIONAL 18:30 60 MIN ◇	CORE 18:00 30 MIN ◇
BIKE SPINNING 18:30 45 MIN ◇	CORRIDA INDOOR 19:30 30 MIN ◆	CORE 19:30 15 MIN ◆	CORRIDA INDOOR 19:30 45 MIN ◆	BIKE SPINNING 18:30 45 MIN ◇
MOBILIDADE 19:30 30 MIN ◆	FITDANCE 19:30 60 MIN ◇	FITDANCE 19:30 60 MIN ◇	FITDANCE 19:30 60 MIN ◇	FITDANCE 19:30 60 MIN ◇
FITDANCE 19:30 60 MIN ◇	MOBILIDADE 20:00 30 MIN ◆	FUNCIONAL 19:45 45 MIN ◆	BIKE SPINNING 20:30 30 MIN ◇	
FUNCIONAL 20:00 30 MIN ◆	BIKE 20:30 30 MIN ◇			
BIKE 20:30 30 MIN ◇				

◆ SALA DE HIIT ◇ SALA DE GINÁSTICA ◆ SALA DE MUSCULAÇÃO

DURAÇÃO DAS AULAS

◆ 15′ ◆ 30′ ◆ 45′ ◆ 60′

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