

# HORÁRIO DE AULAS

## INOVA ITAPECERICA

SEG	TER	QUA	QUI	SEX
JUMP 07:00 ◆	BIKE CLASS 07:00 ◆	JUMP 07:00 ◆	BIKE 07:00 ◆	ZUMBA 07:00 ◆
ZUMBA 07:30 ◆	G.A.P 07:30 ◆	ZUMBA 07:30 ◆	G.A.P 07:30 ◆	FITDANCE 19:00 ◆
CROSS TRAINING 08:00 ◆	FITDANCE 08:00 ◆	ALONGAMENTO 08:00 ◆	CROSS TRAINING 08:00 ◆	
G.A.P 18:30 ◆	CROSS TRAINING 18:30 ◆	G.A.P 18:30 ◆	CROSS TRAINING 18:30 ◆	
JUMP 19:00 ◆	FITDANCE 19:00 ◆	JUMP 19:00 ◆	ZUMBA 20:00 ◆	<b>SÁB</b>
BIKE CLASS 20:00 ◆	ZUMBA 20:00 ◆	BIKE CLASS 20:00 ◆		BIKE CLASS 10:00 ◆
				CROSS TRAINING 11:00 ◆

### DURAÇÃO DAS AULAS

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE ITAPECERICA