

HORÁRIO DE AULAS

INOVA - ATRIUM

DATA DE ATUALIZAÇÃO 22/07/2021

SEG	TER	QUA	QUI	SEX
G.A.P 07:00 ◆	PILATES 07:00 ◆	PILATES 07:00 ◆	PILATES 07:00 ◆	G.A.P 07:00 ◆
FITDANCE 07:30 ◆	ZUMBA 07:30 ◆	ZUMBA 07:30 ◆	ZUMBA 07:30 ◆	JUMP 07:30 ◆
ZUMBA 08:00 ◆	FITDANCE 08:00 ◆	LOCAL 08:15 ◆	FITDANCE 08:00 ◆	FITDANCE 08:00 ◆
PILATES 08:30 ◆	SPINNING 08:30 ◆	RELAX 08:45 ◆	INOVA TRAINING 08:30 ◆	ZUMBA 08:30 ◆
SPINNING 18:00 ◆	PILATES 18:00 ◆	PILATES 18:00 ◆	ZUMBA 18:00 ◆	GLÚTEO 18:00 ◆
INOVA TRAINING 18:30 ◆	JUMP 18:30 ◆	STEP 18:30 ◆	JUMP 18:30 ◆	SPINNING 18:30 ◆
ZUMBA 19:00 ◆	FITDANCE 19:00 ◆	ZUMBA 19:00 ◆	FITDANCE 19:00 ◆	ZUMBA 19:00 ◆
FITDANCE 19:30 ◆	CORE 19:45 ◆	FITDANCE 19:30 ◆	CORE 19:45 ◆	FITDANCE 19:30 ◆
STEP 20:00 ◆	INOVA TRAINING 20:00 ◆	INOVA TRAINING 20:00 ◆	GLÚTEO 20:00 ◆	MUAY THAI 20:30 ◆
PILATES 20:30 ◆	SPINNING 20:30 ◆	ALONGAMENTO 20:30 ◆	PILATES 20:30 ◆	
MUAY THAI 21:00 ◆		MUAY THAI 21:00 ◆		

DURAÇÃO DAS AULAS

◆ 15'

◆ 30'

◆ 45'

◆ 60'

UNIDADE ATRIUM