

HORÁRIO DE AULAS

INOVA - JARDIM

SEG	TER	QUA	QUI	SEX
ABS 07:00 ◆	ALONGAMENTO 07:00 ◆	BIKE 07:00 ◆	ALONGAMENTO 07:00 ◆	BIKE 07:00 ◆
BIKE CLASS 07:15 ◆	HIIT 07:30 ◆	HIIT 07:30 ◆	HIIT 07:30 ◆	HIIT 07:30 ◆
ALONGAMENTO 08:00 ◆	LOCALIZADA 08:00 ◆	GAP 08:00 ◆	LOCALIZADA 08:00 ◆	ALONGAMENTO 08:00 ◆
STEP INICIANTE 08:30 ◆	HIIT 08:30 ◆	ALONGAMENTO 08:30 ◆	HIIT 08:30 ◆	FITDANCE 19:00 ◆
ALONG./HIIT 18:00 ◆	FITDANCE 09:00 ◆	ALONGAMENTO 18:00 ◆	FITDANCE 09:00 ◆	
BIKE/BOXE 18:30 ◆	HIIT 18:00 ◆	BIKE 18:30 ◆	ALONGAMENTO 18:00 ◆	
FITDANCE 19:00 ◆	JUMP 18:30 ◆	FITDANCE 19:00 ◆	PILATES 18:30 ◆	SÁB
HIIT/PILATES 19:00 ◆	PILATES 19:00 ◆	HIIT 19:00 ◆	HIIT 19:00 ◆	ALONGAMENTO 10:00 ◆
BIKE/BOXE 20:00 ◆	HIIT 19:45	GAP 20:00 ◆	BIKE 19:30 ◆	HIIT 10:30 ◆
ALONG./HIIT 20:30 ◆	MUAY THAI 20:00 ◆	ALONGAMENTO 20:30 ◆	LOCAL 20:15 ◆	FITDANCE 11:00 ◆
	BIKE CLASS 20:15			BIKE CLASS 11:30 ◆

AULA DE BIKE: RETIRAR A SENHA 15 MINUTOS ANTES NA RECEPÇÃO

DURAÇÃO DAS AULAS

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE JARDIM