

HORÁRIO DE AULAS

INOVA - JARDIM

DATA DE ATUALIZAÇÃO: 27/07/2021

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 ◆
BALLET FIT 08:00 ◆	LOCALIZADA 08:00 ◆	ZUMBA 08:00 ◆	LOCALIZADA 08:00 ◆	BALLET FIT 08:00 ◆
ZUMBA 08:30 ◆	HIIT 08:30 ◆	ALONGAMENTO 08:30 ◆	HIIT 08:30 ◆	ALONGAMENTO 18:00 ◆
ALONG./HIIT 18:00 ◆	FITDANCE 09:00 ◆	ALONGAMENTO 18:00 ◆	FITDANCE 09:00 ◆	BIKE 18:30 ◆
BIKE/BOXE 18:30 ◆	HIIT/ALONG. 18:00 ◆	BIKE 18:30 ◆	ALONG./HIIT 18:00 ◆	ZUMBA 19:00 ◆
FIT DANCE 19:00 ◆	JUMP/HIIT 18:30 ◆	FIT DANCE 19:00 ◆	BIKE/PILATES 18:30 ◆	BALLET FIT 19:30 ◆
HIIT/PILATES 19:00 ◆	PILATES/ FITDANCE 19:00 ◆	HIIT 19:00 ◆	FITDANCE/ INOVA TRAINING 19:00 ◆	SÁB
ZUMBA 19:30 ◆	INOVA TRAINING/ CORE ABS 19:45	ZUMBA/PILATES 19:30 ◆	BIKE/CORE ABS 19:45 ◆	ALONGAMENTO 10:00 ◆
BIKE/BOXE 20:00 ◆	MUAY THAI 20:00 ◆	GAP 20:00 ◆	GLÚTEOS 20:30 ◆	HIIT 10:30 ◆
ALONG./HIIT 20:30 ◆	BIKE CLASS 20:15	BOXE 20:30 ◆		FITDANCE 11:00 ◆
				BIKE CLASS 11:00 ◆

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

DURAÇÃO DAS AULAS

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE JARDIM

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