

# HORÁRIO DE AULAS

## INOVA - RIO PRETO

DATA DE ATUALIZAÇÃO: 07/10 /2019

SEG	TER	QUA	QUI	SEX
CROSS TRAINNING 07:00 ◆◆	KANGOO 06:00 ◆◆	CROSS TRAINNING 07:00 ◆◆	KANGOO 06:00 ◆◆	CROSS TRAINNING 07:00 ◆◆
FITDANCE 07:00 ◆◆	ZUMBA 07:00 ◆◆	FITDANCE 07:00 ◆◆	ZUMBA 07:00 ◆◆	FITDANCE 07:00 ◆◆
BIKE 08:00 ◆◆	BIKE 07:00 ◆◆	BIKE 08:00 ◆◆	BIKE 07:00 ◆◆	ZUMBA 08:00 ◆◆
CORE 09:00 ◆◆	JUMP 08:00 ◆◆	CORE 09:00 ◆◆	JUMP 08:00 ◆◆	SPINNING 08:00 ◆◆
TREIN.FUNCIONAL 17:00 ◆◆	PILATES 09:00 ◆◆	ALONGAMENTO 10:00 ◆◆	PILATES 09:00 ◆◆	ALONGAMENTO 09:00 ◆◆
ZUMBA 18:00 ◆◆	BIKE 17:00 ◆◆	TREIN.FUNCIONAL 17:00 ◆◆	BIKE 17:00 ◆◆	GAP 17:00 ◆◆
KANGOO 19:00 ◆◆	KANGOO 18:00 ◆◆	ZUMBA 18:00 ◆◆	KANGOO 18:00 ◆◆	BIKE 18:00 ◆◆
CROSS TRAINNING 19:00 ◆◆	FIT DANCE 19:00 ◆◆	KANGOO 19:00 ◆◆	FIT DANCE 19:00 ◆◆	FITDANCE 19:00 ◆◆
PILATES 20:00 ◆◆	TREIN.FUNCIONAL 19:00 ◆◆	CROSS TRAINNING 19:00 ◆◆	TREIN.FUNCIONAL 19:00 ◆◆	CROSS 19:00 ◆◆
HIIT 20:00 ◆◆	STEP 20:00 ◆◆	PILATES 20:00 ◆◆	STEP 20:00 ◆◆	<b>SÁB</b>
CROSS TRAINNING 20:30 ◆◆		HIIT 20:00 ◆◆		ZUMBA 09:00 ◆◆
		CROSS TRAINNING 20:30 ◆◆		CROSS TRAINNING 10:00 ◆◆
				BIKE 11:00 ◆◆

**DURAÇÃO DAS AULAS** ◆ 30' ◆ 45'

SALA STUDIO MAXX ◆ SALA STUDIO HIIT & BIKE ◆

UNIDADE RIO PRETO

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