

HORÁRIO DE AULAS

INOVA PARKCITY SUMARÉ

SEG	TER	QUA	QUI	SEX
JUMP 07:00	FITDANCE 07:00	CROSS TRAINING 07:00	FITDANCE 07:00	CROSS TRAINING 07:00
BIKE 08:00	MAT PILATES 08:00	JUMP 08:00	MAT PILATES 08:00	BIKE 08:00
HIIT 08:30	MAT PILATES 17:00	POWER ABD 08:30	MAT PILATES 17:00	HIIT 08:30
CIRCUITO 18:00	CROSS TRAINING 18:00	GLÚTEOS 18:00	CROSS TRAINING 18:00	CIRCUITO 19:00
JUMP 18:30	BIKE 18:30	JUMP 18:30	BIKE 18:30	
FITDANCE 19:00		FITDANCE 19:00		

DURAÇÃO DAS AULAS

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE SUMARÉ