

# HORÁRIO DE AULAS

## INOVA PARKCITY SUMARÉ

SEG	TER	QUA	QUI	SEX
JUMP 07:00 ◆	T. FUNCIONAL 06:30 ◆	CROSS TRAINING 07:00 ◆	T. FUNCIONAL 06:30 ◆	BIKE 07:00 ◆
BIKE 08:00 ◆	FITDANCE 07:00 ◆	JUMP 08:00 ◆	FITDANCE 07:00 ◆	GLÚTEO 08:00 ◆
HIIT 08:30 ◆	MAT PILATES 08:00 ◆	MAT PILATES 17:00 ◆	MAT PILATES 08:00 ◆	CIRCUITO 19:00 ◆
MAT PILATES 17:00 ◆	JUMP 18:00 ◆	GLÚTEO 18:00 ◆	STEP 18:00 ◆	
BIKE 18:00 ◆	CROSS TRAINING 19:00 ◆	CROSS TRAINING 18:00 ◆	ABDOMINAL 18:30 ◆	
CROSS TRAINING 18:00 ◆	RITMOS 20:00 ◆	JUMP 18:30 ◆	RITMOS 19:00 ◆	<b>SÁB</b>
FITDANCE 19:00 ◆		BIKE 19:00 ◆	JUMP 20:00 ◆	ESCALA 10:00 ◆
		POWER ABD 19:00 ◆		ESCALA 11:00 ◆

### DURAÇÃO DAS AULAS

◆ 15' ◆ 30' ◆ 45' ◆ 60'

UNIDADE SUMARÉ