

HORÁRIO DE AULAS

INOVA TAUBATÉ

SEG	TER	QUA	QUI	SEX
CORRIDA INDOOR 07:00 ◆	BIKE CLASS 07:00 ◆	CORRIDA INDOOR 07:00 ◆	BIKE CLASS 07:00 ◆	CORRIDA INDOOR 07:00 ◆
FITDANCE 07:30 ◆	FREE JUMP 08:00 ◆	FITDANCE 07:30 ◆	MOVE DANCE 07:45 ◆	FITDANCE 07:30 ◆
T. FUNCIONAL 08:30 ◆	HIIT 08:30 ◆	BIKE CLASS 08:30 ◆	ALONGAMENTO 08:30 ◆	HIIT 08:30 ◆
BIKE CLASS 09:00 ◆	CORE 18:00 ◆	CORE 09:00 ◆	FREE JUMP 18:00 ◆	BIKE CLASS 09:00 ◆
FITDANCE 18:30 ◆	CARDIO WORKOUT 18:30 ◆	BIKE CLASS 18:45 ◆	CORE 18:45 ◆	BIKE CLASS 18:30 ◆
BIKE CLASS 19:30 ◆	FITDANCE 19:15 ◆	T. FUNCIONAL 19:30 ◆	FITDANCE 19:15 ◆	FITDANCE 19:00 ◆
CROSS TRAINING 20:00 ◆	T. FUNCIONAL 20:00 ◆	FITDANCE 20:00 ◆	BIKE CLASS 20:00 ◆	ALONGAMENTO 20:00 ◆
	MAT PILATES 20:30 ◆		ALONGAMENTO 20:30 ◆	

DURAÇÃO DAS AULAS

◆ 30' ◆ 45' ◆ 60'

UNIDADE TAUBATÉ