

HORÁRIO DE AULAS

INOVA TAUBATÉ

SEG	TER	QUA	QUI	SEX
FITDANCE 07:15 ◆	BIKE CLASS 07:00 ◆	FITDANCE 07:15 ◆	BIKE CLASS 07:00 ◆	FITDANCE 07:15 ◆
T. FUNCIONAL 08:15 ◆	JUMP 08:00 ◆	GAP 08:00 ◆	LOCALIZADA 07:45 ◆	HIIT 08:00 ◆
BIKE CLASS 08:45 ◆	HIIT 08:30 ◆	BIKE CLASS 08:30 ◆	T. FUNCIONAL 08:30 ◆	BIKE CLASS 08:45 ◆
FITDANCE 18:30 ◆	CORE TRAINING 18:00 ◆	BIKE CLASS 18:45 ◆	JUMP 18:30 ◆	FITDANCE 19:00 ◆
BIKE CLASS 19:15 ◆	FITDANCE 18:45 ◆	T. FUNCIONAL 19:30 ◆	BIKE CLASS 19:15 ◆	
CROSS TRAINING 20:00 ◆	ALONGAMENTO 19:30 ◆	FITDANCE 20:00 ◆	CROSS TRAINING 20:00 ◆	

DURAÇÃO DAS AULAS

◆ 30' ◆ 45' ◆ 60'

UNIDADE TAUBATÉ