

HORÁRIO DE AULAS

INOVA - ATRIUM

SEG	TER	QUA	QUI	SEX
HIIT 07:00 ◆	PILATES 07:00 ◆	SPINNING 07:00 ◆	CIRCUITO FUNC. 07:00 ◆	PILATES 07:00 ◆
GAP 07:30 ◆	ZUMBA 07:30 ◆	CORE 07:30 ◆	SPINNING 07:30 ◆	JUMP 07:30 ◆
FITDANCE 08:00 ◆	ZUMBA 08:00 ◆	PILATES 08:00 ◆	STEP 08:00 ◆	HIIT 08:00 ◆
PILATES 08:30 ◆	JUMP 08:30 ◆	ZUMBA/STEP 08:30 ◆	PILATES 08:30 ◆	GAP 08:30 ◆
YOGA 18:00 ◆	PILATES 18:00 ◆	CIRCUITO FUNC. 18:00 ◆	PILATES 18:00 ◆	ALONGAMENTO 18:00 ◆
CIRCUITO FUNC. 18:30 ◆	JUMP 18:30 ◆	SPINNING 18:30 ◆	JUMP 18:30 ◆	SPINNING 18:30 ◆
ZUMBA 19:00 ◆	ZUMBA 19:00 ◆	ZUMBA 19:00 ◆	FITDANCE 19:00 ◆	FUNK 19:00 ◆
CORE 19:45 ◆	CORE 19:45 ◆	CORE 19:45 ◆	CORE 19:45 ◆	SÁB
STEP 20:00 ◆	CIRCUITO FUNC. 20:00 ◆	STEP 20:00 ◆	GAP 20:00 ◆	
PILATES 20:30 ◆	JUMP 20:30 ◆	PILATES 20:30 ◆	CIRCUITO FUNC. 20:30 ◆	SPINNING 10:00 ◆
MUAY THAI 21:00 ◆		MUAY THAI 21:00 ◆		ZUMBA 10:30 ◆
				PILATES 11:15 ◆

DURAÇÃO DAS AULAS

◆ 15'

◆ 30'

◆ 45'

UNIDADE ATRIUM