



MAPA DE AULAS

VIVAGYM AV. JOÃO XXI



INICIO: 1/12

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:30	BODYPUMP				3B		
07:45	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:15							
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	ABS	ABS		ABS	ABS	BODYPUMP	PILATES
10:00			ABS				
11:00		PILATES		PILATES		ZUMBA	ABS
11:30						VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	ABS	ABS		ABS	ABS	ABS	ABS
12:30	3B		BODYPUMP		BODYPUMP	VIRTUAL CYCLING	
12:45		BODYPUMP					
13:00	HYROXWOD		HYROXWOD	CYCLING	ABS		
13:00		ABS		ABS			
13:15	CYCLING		BODYCOMBAT		PILATES		
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:00		ABS	ABS	ABS	ABS	ABS	
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	ABS	ABS	ABS	ABS	ABS		
17:45				POWERWOD			
18:00	ABS		BODYPUMP	ABS	HYROXWOD		
18:15	POWERWOD	BODYCOMBAT			BODYPUMP		
18:30		HYROXWOD					
18:30		CYCLING		CYCLING			
18:30				HYROXWOD			
19:00			HYROXWOD		ABS		
19:15	BODYATTACK	BODYPUMP	BODYATTACK	BODYCOMBAT	3B		
20:00		ABS	ABS	ABS	ABS		
20:00			3B				
20:15	BODYPUMP	3B		BODYPUMP			



- > A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATÓRIO.
- > NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INÍCIO DA AULA.

CARDIO	CORPO E MENTE	FORÇA	FUNCIONAL
CYCLING	DANÇA	ABS	CYCLING VIRTUAL

RESERVA A TUA VAGA NA ÁREA CLIENTE EM WWW.VIVAGYM.PT OU APP