



MAPA DE AULAS

VIVAGYM TRINDADE



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	RPM	BODYPUMP	PILATES	BODYPUMP			
07:30		VIRTUAL CYCLING			VIRTUAL CYCLING		
08:00				VIRTUAL CYCLING			
09:30	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30							
09:45							
10:00		VIRTUAL CYCLING		VIRTUAL CYCLING		BODYPUMP	
10:00							
10:15		POWERWOD					
10:30							
11:00						CYCLING	
11:30							VIRTUAL CYCLING
12:30	PILATES			BODYPUMP	PILATES		
12:45		BODYATTACK	RPM	RPM	CYCLING		
12:45	CYCLING	RPM					
13:15	3B		YOGA				
13:30							
14:30		VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	
15:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING
16:30				VIRTUAL CYCLING			
17:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
17:15				PILATES			
17:30		3B				VIRTUAL CYCLING	
17:45							
18:00					RPM		
18:00							
18:15	BODYPUMP	PILATES		3B			
18:15							
18:30			3B		PILATES		
18:45				RPM			
19:15	CYCLING	CYCLING	RPM		3B		
19:15	BODYATTACK	BODYPUMP	BODYPUMP	DANCEMOVES			
20:00					YOGA		
20:15	PILATES	BODYCOMBAT	BODYATTACK				
20:30							
21:00	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
21:30		VIRTUAL CYCLING		VIRTUAL CYCLING			



- > 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	DANÇAS	ABS	CYCLING VIRTUAL

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