

MAPA DE AULAS



VIVAGYM CARNAXIDE

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	RPM	BODYPUMP	CYCLING VIRTUAL	FIT MOVES	CYCLING		
07:30				CYCLING VIRTUAL			
07:45			CYCLING VIRTUAL				
08:30	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:00						CYCLING VIRTUAL	CYCLING VIRTUAL
10:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	RPM	
10:00	ABS	ABS	ABS	ABS	ABS		FIT MOVES
10:30							CYCLING VIRTUAL
11:00	ABS	ABS	ABS	ABS	ABS		BODYCOMBAT
11:00						BODYPUMP	
11:30	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
12:00						POWERWOD	
12:15	BODYPUMP			BODYPUMP			
12:30		PILATES		HYROXWOD			CYCLING VIRTUAL
12:30			RPM				
12:45		CYCLING			CYCLING		
13:00	ABS	ABS	ABS	ABS	ABS	CYCLING VIRTUAL	
13:00			POWERWOD	RPM			
13:15	RPM						
13:15					PILATES		
13:30			GAP				CYCLING VIRTUAL
15:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:00	ABS	ABS	ABS	ABS	ABS		
18:00	ABS	ABS	ABS	ABS	ABS	CYCLING VIRTUAL	
18:00	BODYPUMP		BODYPUMP	3B	3B		
18:15		3B					
18:30					HYROXWOD		
18:45		CYCLING			RPM		
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	RPM		RPM	DANCE MOVES			
19:00	BODYCOMBAT	BODYPUMP	BODYCOMBAT		STRETCH MOVES		
19:15		HYROXWOD		RPM			
19:45					BODYPUMP		
20:00	DANCE MOVES	PILATES		YOGA			
20:00	POWERWOD		POWERWOD				
21:00	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		



> 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