



HORARIO ACTIVIDADES DIRIGIDAS



VIVAGYM BARREIRO

INICIO: 1/02/2025

INICIO	SEG	TER	QUA	QUIN	SEX	SÁB	DOM
07:00							
07:15	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
08:00	ABS TO S	ABS TO S	ABS TO S	ABS TO S	ABS TO S		
09:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
09:30	GAP E1 30'	BODYPUMP E1 30'	BODYATTACK E1 30'			CYCLING E2 45'	ZUMBA E1 45'
10:15	PILATES E1 45'	CYCLING E2 30'	PILATES E1 45'	CYCLING E1 30'	PILATES E1 45'	BODYPUMP E1 45'	PILATES E1 45'
12:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
13:00	BODYPUMP E1 30'	FIT MOVES E1 30'	BODYPUMP E1 30'	GAP E1 30'	HYROXWOD BO X		
13:30	HYROXWOD BO X						
14:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
15:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
17:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
18:00	CYCLING E2 30'	CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
18:15	ZUMBA TO S	HYROXWOD BO X		HYROXWOD BO X			
18:15	HYROXWOD BO X		HYROXWOD BO X				
18:30	GAP E1 30'	PILATES E1 45'	BODYPUMP E1 45'	STRETCHING E1 45'	BODYPUMP E1 45'		
18:45		BODYATTACK TO S	BODYATTACK TO S	BODYATTACK TO S			
19:00	CYCLING E2 30'	CYCLING E1 30'	CYCLING E2 45'	CYCLING E2 45'			
19:15	FIT MOVES TO S						
19:30	STRETCHING E1 45'	ZUMBA E1 45'	GAP E1 30'	BODYCOMBAT E1 45'	FIT MOVES E1 45'		
20:30		BODYPUMP E1 30'	PILATES E1 45'	BODYPUMP E1 45'	BODYCOMBAT E1 45'		
21:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		

FITDRINK

O PODER DE SENTIR COMO MELHORAR O TEU RENDIMENTO

SEM CALORIAS

3 SABORES DIFERENTES

SEM AÇÚCARES

DESDE **3,90€**
Antes 4,90€

A TUA ÁGUA VITAMINADA

*Promoção válida apenas em alguns dos nossos clubes. Consulta as condições da promoção e os clubes aderentes em nosso blog.

- A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.
- O USO DE TOALHA É OBRIGATORIO.
- NÃO PODERÁ ENTRAR NA SALA APÓS 5 MINUTOS DO INICIO 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