



MAPA DE AULAS

VIVAGYM BENFICA



INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	CYCLING		
07:15							
08:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	ABS	ABS	ABS	ABS	ABS		
09:30	VIRTUAL CYCLING	YOGA	VIRTUAL CYCLING	YOGA	VIRTUAL CYCLING	BODYBALANCE	VIRTUAL CYCLING
10:00						VIRTUAL CYCLING	LES MILLS CORE
10:30	PILATES	GAP	YOGA		PILATES	LES MILLS CORE	
10:45							BODYATTACK
11:15	ABS	ABS	ABS	ABS	ABS	CYCLING	BODYBALANCE
11:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	BODYATTACK	VIRTUAL CYCLING
12:15		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
12:30						YOGA	
13:00	CYCLING	PILATES	GAP	BODYPUMP	CYCLING		
14:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:15	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17:00	ABS	ABS	ABS	ABS		BODYPUMP	
17:00	GAP						
17:15	VIRTUAL CYCLING	GAP	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES		
17:30			BODYBALANCE	BODYPUMP			
17:45	ZUMBA						
18:00		PILATES				CYCLING	
18:15		HYROXWOD			BODYPUMP		
18:30	HYROXWOD		CYCLING	BODYBALANCE			
18:30	CYCLING		BODYPUMP		HYROXWOD		
18:45	BODYPUMP		HYROXWOD				
19:00		LES MILLS CORE		CYCLING			
19:00							
19:15		CYCLING			ZUMBA		
19:30			LES MILLS CORE	3B	CYCLING		
19:30							
19:45	BODYATTACK	3B					
20:00				CYCLING			
20:15		CYCLING		BODYATTACK	YOGA		
20:30		BODYATTACK	BODYBALANCE				
20:45	LES MILLS CORE						
21:15		PILATES					
21:30	YOGA						

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES

FITDRINK

A TUA ÁGUA VITAMINADA



DESDE
3,90€
Antes 4,70€

*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 HORARIO POR RAZÕES EXTERNAS.
- > O USO DE TOALHA É OBRIGATORIO.
- > 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