



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM SHOPPING CIDADE DO PORTO



INÍCIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM	
07:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 45'				
07:30	GAP	E1 30'	FIT MOVES	BOX 30'	PILATES	E1 45'			BODYPUMP	E1 45'				
09:00	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'				
10:00	FIT MOVES	BOX 30'	BODYBALANCE	E1 45'	YOGA	E1 45'	BODYPUMP	E1 30'	BODYBALANCE	E1 45'				
10:00	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'
11:00											BODYPUMP	E1 45'	VIRTUAL CYCLING	E2 30'
11:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'				
12:00											RPM	E2 45'	VIRTUAL CYCLING	E2 30'
12:15			YOGA	E1 45'	POWERWOD	BOX 30'								
12:30	RPM	E2 30'												
12:30	ZUMBA	E1 45'												
12:45	FIT MOVES	BOX 30'	POWERWOD	BOX 30'	3B	E1 45'	GAP	E1 45'	ZUMBA	E1 45'				
12:45									FIT MOVES	BOX 30'				
13:00											VIRTUAL CYCLING	E2 30'		
13:15	PILATES	E1 45'	BODYPUMP	E1 45'			RPM	E2 45'						
13:30					BODYBALANCE	E1 30'	BODYPUMP	E1 30'	BODYBALANCE	E1 30'				
14:30	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'				
16:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'
16:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'				
17:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'				
17:30									PILATES	E1 45'				
17:45	POWERWOD	BOX 30'			FIT MOVES	BOX 30'	FIT MOVES	BOX 30'						
17:45	3B	E1 30'			ZUMBA	E1 45'								
18:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'								
18:00			PILATES	E1 30'										
18:15					CYCLING	E2 45'	GAP	E1 45'						
18:30	BODYBALANCE	E1 45'							YOGA	E1 45'				
18:30	CYCLING	E2 45'							RPM	E2 30'				
18:45			BODYPUMP	E1 45'	BODYPUMP	E1 30'								
19:00			FIT MOVES	BOX 30'										
19:15							PILATES	E1 45'	POWERWOD	BOX 30'				
19:30					BODYBALANCE	E1 45'								
19:45	BODYPUMP	E1 45'	DANÇAS	E1 45'										
20:15							BODYPUMP	E1 45'						

FITDRINK

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES



A TUA ÁGUA VITAMINADA

DESDE
3,90€
Antes 4,90€

*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 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