



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM CACÉM



INICIO	SEG	TER	CUA	QUIN	SEX	SÁB	DOM
06:45	VIRTUAL CYCLING	VIRTUAL PUMP	BODYPUMP		GAP		
07:00				CYCLING			
07:00	BODYPUMP	CYCLING		BODYATTACK			
07:15	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	BODYBALANCE	BODYPUMP	HYROXWOD	GAP		VIRTUAL CYCLING	VIRTUAL CYCLING
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL PUMP	VIRTUAL PUMP
10:00	BODYATTACK	ZUMBA	PILATES	BODYBALANCE	BODYPUMP	CYCLING	CYCLING
10:00	ABS	ABS	ABS	ABS	ABS		
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00	ABS	ABS	ABS	ABS	ABS		GAP
11:00	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	BODYPUMP	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PILATES	VIRTUAL PUMP
12:00	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING
12:30	CYCLING	VIRTUAL CYCLING	HBX BOXING	VIRTUAL CYCLING	VIRTUAL CYCLING		
12:30		HBX BOXING		GAP	HYROXWOD		
13:00						VIRTUAL CYCLING	VIRTUAL CYCLING
13:15	BODYPUMP		CYCLING	HBX BOXING	BODYPUMP	VIRTUAL PUMP	VIRTUAL PUMP
13:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:00	VIRTUAL PUMP	VIRTUAL PUMP	ABS	ABS	ABS		
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP
17:00	BODYPUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING
17:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING			
18:00	GAP	PILATES	BODYPUMP	HBX BOXING		VIRTUAL CYCLING	VIRTUAL PUMP
18:00	ABS	ABS	ABS	ABS	ZUMBA		
18:15				HYROXWOD			
18:30	HYROXWOD	CYCLING	CYCLING				
19:00	ABS	ABS	ABS	ABS	ABS	VIRTUAL PUMP	VIRTUAL CYCLING
19:00	PILATES	BODYPUMP	ZUMBA	BODYBALANCE	BODYATTACK		
19:30			VIRTUAL CYCLING		CYCLING		
19:45		CYCLING		CYCLING			
20:00	BODYPUMP	ZUMBA	HYROXWOD	GAP	PILATES		
20:00					VIRTUAL CYCLING		
20:30		VIRTUAL CYCLING	VIRTUAL CYCLING				
21:00	GAP	VIRTUAL PUMP	HBX BOXING	VIRTUAL CYCLING	VIRTUAL CYCLING		
21:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL PUMP	VIRTUAL PUMP		

FITDRINK

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES



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 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