



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM CAMPO PEQUENO



DATA DE INÍCIO: 01/06/2025

INICIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM		
07:00							FIT MOVES		TOS 45'						
07:15	BODYPUMP	E1 45'	BODYCOMBAT	E1 45'	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'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'
10:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'		VIRTUAL CYCLING	E2 30'	3B	E1 45'	PILATES	E1 45'
11:00															
11:30	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'		ABS	TOS 15'	STRETCHING	E1 45'	GAP	E1 45'
12:00															
12:15	FIT MOVES	TOS 45'			GAP	E1 45'				PILATES	E1 45'				
12:30	BODYCOMBAT	E1 45'	STRETCHING	E1 30'	FIT MOVES	TOS 45'	PILATES	E1 45'		VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'
13:00	CYCLING	E2 30'	CYCLING	E2 45'						FIT MOVES	TOS 45'				
13:15			ZUMBA	E1 45'	CYCLING	E2 45'	BODYCOMBAT	E1 45'		GAP	E1 45'				
13:15			HYROXWOD	BOX 30'	STRETCHING	E1 45'	HYROXWOD	BOX 30'							
13:30	BODYPUMP	E1 45'													
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'		
16:30	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															
17:15	BODYPUMP	E1 30'	GBODY	E1 30'						BODYPUMP	E1 30'				
17:30					BODYPUMP	E1 30'	3B	E1 30'							
18:00			3B	E1 30'											
18:00	ZUMBA	E1 45'								BODYCOMBAT	E1 45'				
18:15	HYROXWOD	BOX 30'			PILATES	E1 45'									
18:15							BODYATTACK	E1 30'							
18:30			POWER WOD	TOS 45'											
18:45			BODYATTACK	E1 30'	FIT MOVES	TOS 45'									
19:00	PILATES	E1 45'													
19:00	RPM	E2 45'					BODYCOMBAT	E1 45'							
19:15			RPM	E2 45'	RPM	E2 30'				ZUMBA	E1 45'				
19:15					BODYPUMP	E1 45'									
19:30			ZUMBA	E1 45'											
19:45	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'		ABS	TOS 15'				
20:00	3B	E1 30'					BODYPUMP	E1 45'							
20:15	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	ZUMBA	E1 45'	VIRTUAL CYCLING	E2 30'		VIRTUAL CYCLING	E2 30'				
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



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