



MAPA DE AULAS

VIVAGYM VILA NOVA DE GAIA



INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING		
07:15		3B	PILATES	CYCLING	HBX		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
09:30	ABS	ABS	ABS	ABS	ABS		
10:00	BODYPUMP	PILATES	BODYPUMP	CYCLING	PILATES	PILATES	VIRTUAL CYCLING
10:30						CYCLING	
10:30						VIVA RUN	
10:45					CYCLING		
11:00	CYCLING	VIRTUAL CYCLING		HBX		GAP	VIRTUAL CYCLING
11:30	ABS	ABS	ABS	ABS	ABS		
11:45						HBX	
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:00						ABS	ABS
12:45	3B	HYROXWOD	HBX	BODYPUMP	GAP		
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:15						BODYPUMP	
16:30	3B		3B				
17:00		BODYSTEP		BODYPUMP		CYCLING	
17:15	BODYPUMP		BODYPUMP				
17:30	ABS	ABS	ABS	ABS	ABS		
17:30					CYCLING		
17:30					PILATES		
18:00	DANÇAS	PILATES		BODYCOMBAT		VIRTUAL CYCLING	
18:00	CYCLING	CYCLING		CYCLING			
18:00				POWERWOD			
18:15			DANÇAS				
18:30	ABS	ABS	ABS		ABS		
18:30			CYCLING				
18:30	POWERWOD				HBX		
18:45				HBX			
18:45	BODYSTEP	HYROXWOD					
19:00		HBX	HBX				
19:00	CYCLING	CYCLING				VIRTUAL CYCLING	
19:15							
19:15					BODYPUMP		
19:30	ABS	ABS	ABS	ABS	ABS		
19:30	BODYCOMBAT						
19:45			BODYCOMBAT	GAP			
19:45			CYCLING	CYCLING			
20:00		BODYPUMP					
20:30	ABS	ABS	ABS	ABS	ABS		
20:30	YOGA		YOGA	PILATES			

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 4,10€

*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 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