



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM CACÉM



INICIO	SEG	TER	CUA	QUIN	SEX	SÁB	DOM
06:45	VIRTUAL CYCLING	VIRTUAL PUMP	BODYPUMP	VIRTUAL CYCLING	VIRTUAL PUMP		
07:00		CYCLING					
07:15	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00		BODYPUMP				VIRTUAL CYCLING	VIRTUAL CYCLING
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL PUMP	VIRTUAL PUMP
10:00	BODYATTACK	ZUMBA		BODYBALANCE	BODYPUMP	CYCLING	
10:00							
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00							3B
11:00	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	PILATES	VIRTUAL CYCLING
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL PUMP
12:00	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING
12:30		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
12:30		HBX BOXING	BODYATTACK	GAP			
13:00						VIRTUAL CYCLING	VIRTUAL CYCLING
13:15						VIRTUAL PUMP	VIRTUAL PUMP
13:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
14:00	VIRTUAL PUMP	VIRTUAL PUMP					
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP	VIRTUAL PUMP
17:00		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		BODYPUMP	HBX BOXING		VIRTUAL CYCLING	VIRTUAL PUMP
18:15				HYROXWOD			
19:00	PILATES	BODYPUMP		BODYBALANCE	BODYATTACK	VIRTUAL PUMP	VIRTUAL CYCLING
19:30			VIRTUAL CYCLING				
19:45		CYCLING		CYCLING			
20:00	BODYPUMP		ZUMBA		VIRTUAL CYCLING		
20:30		VIRTUAL CYCLING	VIRTUAL CYCLING				
21:00		VIRTUAL PUMP		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

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