



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM PICOAS



INICIO: 01/07/2025

INÍCIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM
07:15	GAP	E1 45'	CYCLING	E2 45'	BODYPUMP	E1 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
07:15	VIRTUAL CYCLING	E2 45'											
10:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
10:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			
10:15									PILATES	E1 45'			
11:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS
12:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			ABS	TOS 15'	ABS	TOS 15'	VIRTUAL CYCLING
12:00	BODYPUMP	E1 45'											ABS
12:15			GBODY	E1 45'	HBX BOXING	E1 30'	PILATES	E1 45'			VIRTUAL CYCLING	E2 45'	
12:30					PILATES	TOS 45'	GBOX	TOS 30'	ZUMBA	TOS 45'	ABS	TOS 15'	
12:30			CYCLING	E2 45'									
12:45									CYCLING	E2 45'			
13:00	RPM	E2 45'	ABS	BOX 15'	ABS	BOX 15'	ABS	BOX 15'	ABS	BOX 15'			
13:00	PILATES	E1 45'											
13:15			LES MILLS CORE	E1 30'	BODYPUMP	E1 45'							
14:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
15:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
16:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
17:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
18:00	3B	E1 30'	GBODY	E1 30'	GBODY	E1 45'	ABS	BOX 15'	VIRTUAL CYCLING	E2 45'			
18:15							YOGA	TOS 45'					
18:30	LES MILLS CORE	E1 30'	ABS	BOX 15'					GAP	E1 45'			
18:30	ABS	BOX 15'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	ABS	TOS 15'			
18:45					GAP	TOS 45'							
19:00	VIRTUAL CYCLING	E2 45'			YOGA	E1 45'	ABS	BOX 15'	ABS	TOS 15'			
19:00			ABS	TOS 15'	ABS	BOX 15'							
19:15			HYBRID	BOX 30'			HBX BOXING	E1 30'					
19:30	PILATES	E1 45'											
19:30	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			ABS	TOS 15'			
20:00	VIRTUAL CYCLING	E2 45'	PILATES	E1 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
20:00			VIRTUAL CYCLING	E2 45'									

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 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