



MAPA DE AULAS



VIVAGYM ALVERCA

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	POWERWOD	BODYPUMP	GAP	CYCLING			
07:45							
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00						GAP	VIRTUAL CYCLING
10:15	FIT MOVES	VIRTUAL CYCLING	PILATES	BODYPUMP	VIRTUAL CYCLING		
10:30						CYCLING	
10:45							
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:15	ABS	ABS	ABS	ABS	ABS		
11:15							ABS
11:45							YOGA
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	ABS	ABS
13:00	CYCLING	BODYPUMP	VIRTUAL CYCLING	POWERWOD	VIRTUAL CYCLING		VIRTUAL CYCLING
13:30							
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		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:15							
18:00		CYCLING	POWERWOD			VIRTUAL CYCLING	
18:00	BODYPUMP	HBX BOXING	BODYSTEP	HBX BOXING	BODYSTEP		
18:15	VIRTUAL CYCLING		CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:30			HYROXWOD	HYROXWOD			
19:00	ABS	ABS	ABS	ABS	ABS		
19:00	BODYATTACK	PILATES	BODYPUMP	BODYPUMP	PILATES		
19:30	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
20:00	YOGA	ZUMBA		ZUMBA			
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES

FITDRINK

A TUA ÁGUA VITAMINADA



DESDE
3⁹⁰
antes
4⁹⁰

*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