



# HORARIO ACTIVIDADES DIRIGIDAS



## VIVAGYM SÃO DOMINGOS DE RANA

| INÍCIO | SEG             | TER             | QUA             | QUI             | SEX             | SÁB             | DOM             |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00  |                 | E2 45' RPM      | E1 45'          |                 |                 |                 |                 |
| 07:00  | VIRTUAL CYCLING |                 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 07:45  | HYROXWOD        |                 | HYROXWOD        |                 |                 |                 |                 |
| 08:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 09:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING         | VIRTUAL CYCLING |
| 09:00  |                 |                 |                 |                 |                 | BODYPUMP        | BODYATTACK      |
| 10:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 | BODYPUMP        |
| 10:00  |                 |                 |                 |                 |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30  | PILATES         |                 |                 | PILATES         |                 |                 |                 |
| 11:00  | ABS             | ABS             | ABS             | ABS             | ABS             | ZUMBA           |                 |
| 11:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 11:30  |                 |                 |                 |                 |                 |                 | CYCLING         |
| 12:00  | ABS             | ABS             | ABS             | ABS             | ABS             | PILATES         |                 |
| 12:00  |                 |                 |                 |                 |                 | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 12:30  |                 |                 | PILATES         |                 |                 |                 |                 |
| 12:30  |                 | RPM             |                 | BODYPUMP        | PILATES         |                 |                 |
| 13:00  | BODYPUMP        |                 |                 |                 |                 | VIRTUAL CYCLING |                 |
| 13:15  |                 |                 |                 |                 |                 |                 |                 |
| 14:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 14:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 15:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 15:00  | ABS             | ABS             | ABS             | ABS             | ABS             |                 |                 |
| 16:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 16:00  |                 |                 |                 |                 |                 |                 |                 |
| 17:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |
| 17:00  |                 |                 |                 |                 |                 |                 |                 |
| 18:00  |                 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 18:15  | DANCE MOVES     |                 |                 |                 |                 |                 |                 |
| 18:30  | RPM             | HYROXWOD        | 3B              |                 |                 |                 |                 |
| 18:30  |                 | 3B              |                 |                 |                 |                 |                 |
| 18:45  |                 |                 |                 |                 |                 |                 |                 |
| 19:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | RPM             | VIRTUAL CYCLING |                 |                 |
| 19:15  |                 | BODYATTACK      |                 |                 |                 |                 |                 |
| 19:15  | GAP             |                 |                 |                 |                 |                 |                 |
| 19:30  |                 |                 | BODYPUMP        | PILATES         | POWERWOD        |                 |                 |
| 20:00  | PILATES         |                 |                 |                 |                 |                 |                 |
| 20:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |
| 21:00  | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |                 |                 |

# FITDRINK

O PODER DE SENTIR COMO  
MELHORAR O TEU RENDIMENTO

SEM CALORIAS

3 SABORES  
DIFERENTES

SEM AÇÚCARES

DESDE  
**3,90€**  
Antes 4,90€

## 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](http://WWW.VIVAGYM.PT) OU APP