



MAPA DE AULAS

VIVAGYM MATOSINHOS



FECHA INICIO: 1/07

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
07:15	HBX BOXING BOX 30'		FIT MOVES BOX 45'	HYBRIDWOD BOX 30'			
08:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
09:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
10:00						PILATES E1 45'	
10:15	3B E1 45'				3B E1 45'		
10:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
10:45				PILATES E1 45'			
11:00						BODYPUMP E1 45'	
11:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		VIRTUAL CYCLING E2 30'
12:15	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
12:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
12:30				HBX BOXING BOX 30'			
12:45	HYBRIDWOD BOX 30'	GAP E1 30'	FIT MOVES BOX 45'		FIT MOVES BOX 45'		
14:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'
15:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
16:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
17:00	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'	ABS TOS 15'		
17:30	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	
17:45	PILATES E1 45'						
18:15			PILATES E1 45'		PILATES E1 45'		
18:30		RPM E245'	VIRTUAL CYCLING E2 30'	BODYPUMP E1 45'		VIRTUAL CYCLING E2 30'	
18:45	CYCLING E2 45'				VIRTUAL CYCLING E2 30'		
19:00				VIRTUAL CYCLING E2 30'			
19:15			HBX BOXING BOX 30'		ZUMBA E1 45'		
19:30				BODYATTACK E1 45'			
19:45	ZUMBA E1 45'	BODYPUMP E1 45'					
20:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
21:00	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'	VIRTUAL CYCLING E2 30'		
21.30							

Refresca-te com
FITDRINK

A tua água vitaminada



SEM AÇÚCARES



3 SABORES DIFERENTES



SEM CALORIAS

DESDE
3'90€
Antes 4'90€

VIVAGYM

*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 OBRIGATORIO.

> 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