



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM CAMPO PEQUENO



DATA DE INÍCIO: 01/07/2025

INICIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM	
07:00							FIT MOVES		TOS 45'					
07:15	BODYPUMP	E1 45'	BODYCOMBAT	E1 45'	PILATES	E1 45'				E1 45'				
09:00	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'
10:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	3B	E1 45'	PILATES	E1 45'
11:00														
11:30	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	STRETCHING	E1 45'	GAP	E1 45'
12:00														
12:15					GAP	E1 45'			PILATES	E1 45'				
12:30	BODYCOMBAT	E1 45'	STRETCHING	E1 45'	FIT MOVES	TOS 45'	PILATES	E1 45'			VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'
13:00	CYCLING	E2 45'	CYCLING	E2 45'					FIT MOVES	TOS 45'				
13:15			ZUMBA	E1 45'			BODYCOMBAT	E1 45'						
13:15					STRETCHING	E1 45'								
13:30	BODYPUMP	E1 45'												
15:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'		
16:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'		
17:00														
17:15	BODYPUMP	E1 30'	BODYPUMP	E1 30'					BODYPUMP	E1 30'				
17:30					BODYPUMP	E1 30'								
18:00			3B	E1 30'										
18:00	ZUMBA	E1 45'					BODYCOMBAT	E1 45'	BODYCOMBAT	E1 45'				
18:15	HYBRIDWOD	BOX 30'			PILATES	E1 45'								
18:15														
18:30														
18:45			BODYATTACK	E1 30'										
19:00	PILATES	E1 45'					BODYPUMP	E1 45'						
19:00	RPM	E2 45'												
19:15			RPM	E2 45'										
19:15					BODYPUMP	E1 45'								
19:30			ZUMBA	E1 45'										
19:45	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'				
20:00	3B	E1 30'												
20:15	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'				
21:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	E2 30'				

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 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