



MAPA DE AULAS

VIVAGYM ARCO DO CEGO



INICIO: 30/06

INICIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM	
07:15	BODYPUMP	E1 45'	RPM	E2 45'			PILATES	E1 45'						
09:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	STRETCHING	E1 45'	VIRTUAL CYCLING	E2 45'
10:00	ABS	BOX 15'	STRETCHING	E1 45'	ABS	BOX 15'	PILATES	E1 45'	ABS	BOX 15'	VIRTUAL CYCLING	E2 45'		
10:15											BODYPUMP	E1 30'		
11:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	BODYCOMBAT	E1 45'	VIRTUAL CYCLING	E2 45'
12:30	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'
13:00	BODYPUMP	E1 30'	3B	E1 30'	DANCE MOVES	E1 30'	BODYPUMP	E1 30'	STRETCHING	E1 30'				
15:30	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'
17:30	VIRTUAL CYCLING	E2 45'	BODYPUMP	E1 30'										
18:15	ABS	BOX 15'	STRETCHING	E1 45'	VIRTUAL CYCLING	E2 45'	BODYPUMP	E1 30'						
18:30	HYROXWOD	BOX 30'					VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'
18:30	BODYATTACK	E1 30'			BODYPUMP	E1 30'	ABS	BOX 15'	BODYPUMP	E1 30'				
19:00	HBX BOXING	BOX 30'	ABS	BOX 15'	ABS	BOX 15'	DANCE MOVES	E1 45'	ABS	BOX 15'				
19:15	CYCLING	E2 30'												
19:15	BODYPUMP	E1 30'	GAP	E2 30'	BODYCOMBAT	E1 45'	ABS	BOX 15'	BODYATTACK	E1 30'				
19:30	ABS	BOX 15'	CYCLING	E2 30'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'				
20:00	BODYCOMBAT	E1 30'	ABS	BOX 15'	ABS	BOX 15'	YOGA	E1 45'	ABS	BOX 15'				
20:15					PILATES	E1 45'								

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES

FITDRINK

A TUA ÁGUA VITAMINADA



DESDE
3,90€
Antes
4,10€

*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