



HORARIO ACTIVIDADES DIRIGIDAS

VIVAGYM AMADORA



DATA DE INÍCIO: 1/08

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	VIRTUAL CYCLING E2 45'	HBX BOXING BOX 30'	BODYPUMP E1 30'	HYBRID WOD BOX 30'	VIRTUAL CYCLING E2 45'		
08:00		VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'			
09:00	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'
10:15						BODYPUMP E1 30'	
10:30	PILATES E1 30'	POWERWOD TOS 30'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'
11:00	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	PILATES E1 30'			ZUMBA E1 30'	
13:00	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'	BODYATTACK E1 30'	HBX BOXING BOX 30'				
15:00	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	
17:00	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	
17:45				ZUMBA E1 30'			
18:15		BODYATTACK E1 30'	GAP E1 30'		BODYPUMP E1 30'		
18:30	PILATES E1 30'			BODYATTACK E1 30'		VIRTUAL CYCLING E2 45'	
18:30		CYCLING E2 30'		CYCLING E2 30'	POWERWOD TOS 30'		
19:00	CYCLING E2 30'	HYBRID WOD BOX 30'			CYCLING E2 30'		
19:15	HYBRID WOD BOX 30'	BODYPUMP E1 30'			PILATES E1 30'		
19:15			HBX BOXING BOX 30'				
19:45	ZUMBA E1 30'						
20:00			ZUMBA E1 30'				
21:00	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'	VIRTUAL CYCLING E2 45'		

FITDRINK

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO



SEM CALORIAS



3 SABORES
DIFERENTES



SEM AÇÚCARES



DESDE
3'90€
Antes 4'30€

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