



MAPA DE AULAS

VIVAGYM SINTRA



DATA DE INÍCIO: 01/09

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CYCLING	GAP	HYBRID WOD	BOX	CYCLING	PILATES	
06:45		VIRTUAL CYCLING	VIRTUAL CYCLING	E2		VIRTUAL CYCLING	
07:30		HYBRID WOD	CROSS WOD	TOS			
07:45	CROSS WOD				FIT MOVES	VIRTUAL CYCLING	
08:15		VIRTUAL CYCLING	VIRTUAL CYCLING	E2			
08:30	VIRTUAL CYCLING				VIRTUAL CYCLING		
09:00	ABS	ABS	ABS	TOS	ABS		VIRTUAL CYCLING
09:30	VIRTUAL CYCLING	ABS				VIRTUAL CYCLING	VIRTUAL CYCLING
10:00		PILATES			PILATES	ABS	
10:15							
10:30	PILATES	ABS	FIT MOVES	E1	ABS	FIT MOVES	
10:30	ABS		ABS	TOS			VIRTUAL CYCLING
11:00							
11:00						DANCE	
11:00						CYCLING	
11:15	VIRTUAL CYCLING		YOGA	E1	VIRTUAL CYCLING	YOGA	
12:00							
12:00	V-POWER	GAP	VIRTUAL CYCLING	E2	CYCLING	CYCLING	
12:15		VIRTUAL CYCLING					
12:30			V-POWER	E1			
13:00	CYCLING					HYBRID WOD	
13:15		CROSS WOD	V-MIND	E1	GAP		VIRTUAL CYCLING
13:15					CROSS WOD		VIRTUAL CYCLING
14:00							
14:00	ABS	ABS	ABS	TOS	ABS		ABS
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	E2	VIRTUAL CYCLING		ABS
16:00							VIRTUAL CYCLING
17:00	ABS	ABS	ABS	TOS	ABS		
17:15	PILATES		PILATES	E1	VIRTUAL CYCLING		
17:15	VIRTUAL CYCLING		VIRTUAL CYCLING	E2		VIRTUAL CYCLING	
17:45					V-MIND		
18:00						DANCE	
18:00						GAP	
18:15	V-FIGHT	GAP	DANCE	E1	CROSS WOD		
18:15	CYCLING	CYCLING	CYCLING	E2			
18:45					GAP		
18:45					CYCLING		
19:00					HYBRID WOD	V-POWER	
19:00						CYCLING	
19:15	V-POWER	HYBRID WOD	V-POWER	E1			VIRTUAL CYCLING
19:15		PILATES					
19:15		CYCLING					
19:30					V-FIGHT		
20:00	HYBRID WOD	CROSS WOD	CYCLING	E2	ABS		
20:00	CYCLING		ABS	TOS		YOGA	
20:15			YOGA	E1		ABS	
21:00	VIRTUAL CYCLING	VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING	



TREINAR



MUDA TUDO



A VIVAGYM RESERVA-SE O DIREITO DE ALTERAR O HORÁRIO POR RAZÕES EXTERNAS.



O USO DE TOALHA É OBRIGATORIO.



NÃO PODERÁ ENTRAR NA SALA APOS 5 MINUTOS DO INICIO DA AULA.

CORPO E MENTE

CARDIO

CYCLING

TONIFICAÇÃO

CORPO E MENTE VIRTUAL

CARDIO VIRTUAL

CYCLING VIRTUAL

TONIFICAÇÃO VIRTUAL

FUNCIONAL

COREOGRAFIA

ABDOMINAIS

RESERVA A TUA VAGA NA ÁREA CLIENTE EM www.vivagym.pt OU APP