



INÍCIO	SEG		TER		QUA		QUI		SEX		SÁB		DOM
07:15	V BOXING	TOS 30'	V POWER	E1 30'	CYCLING	E2 45'	V RUN	OU T	CROSS WOD	TOS 30'			
07:45	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	V RUN	OU T	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
08:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			
09:00	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'	ABS	TOS 15'			
09:15	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	3B	E1 30'	VIRTUAL CYCLING	E2 45'	V MIND	E1 30'	PILATES	E1 45'	
09:30	PILATES	E1 45'					PILATES	E1 45'					VIRTUAL CYCLING
09:45			V BOXING	TOS 30'									
10:00			VIRTUAL CYCLING	E2 45'	V BURN	E1 45'			DANÇAS	E1 30'			
10:15											V BURN	E1 45'	
10:30	V POWER	E1 30'					3B	E1 45'	CROSS WOD	TOS 30'	V BOXING	TOS 30'	VIRTUAL CYCLING
11:00	VIRTUAL CYCLING	E2 45'	GAP	E1 30'	VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'			
11:30							VIRTUAL CYCLING	E2 45'			VIRTUAL CYCLING	E2 45'	
12:45	CYCLING	E2 30'	V BURN	E1 30'	V POWER	E1 30'	CROSS WOD	TOS 30'					
15:00													
16:00	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'	
17:30													
17:45	DANÇAS	E1 30'	PILATES	E1 45'	HYBRID WOD	BO X	3B	E1 30'					
18:00			VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	CROSS WOD	TOS 30'					
18:30	HYBRID WOD	BO X	CROSS WOD	TOS 30'					CROSS WOD	TOS 30'			
18:45	V BURN	E1 30'	DANÇAS	E1 30'			HYBRID WOD	BO X					
19:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			
19:15					CROSS WOD	TOS 30'							
19:30	V POWER	E1 30'	V POWER	E1 30'			CYCLING	E2 45'	3B	E1 30'			
19:45					PILATES	E1 45'							
20:00					V BOXING	TOS 30'							
20:15	PILATES	E1 45'							PILATES	E1 45'			
21:00	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'	VIRTUAL CYCLING	E2 45'			

O PODER DE SENTIR COMO
MELHORAR O TEU RENDIMENTO

SEM CALORIAS

3 SABORES
DIFERENTES

SEM AÇÚCARES

FITDRINK

A TUA ÁGUA
VITAMINADA

DESDE

4'90"

€

*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