



MAPA DE AULAS

VIVAGYM Alfragide Norte



Data de Início: 1/09

INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
06:45	CROSS WOD	V-POWER	CYCLING	GAP	V-POWER		
07:00							
07:30	CYCLING		V-BURN				
07:45		V-MIND					
08:00							
09:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:30						HYBRID WOD	
10:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING
10:30							
11:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	V-POWER	V-POWER
11:30							
12:00							V-MIND
12:15	V-POWER						
12:30		CYCLING	V-POWER	V-BURN		VIRTUAL CYCLING	
13:00	ABS	ABS	ABS	ABS	CYCLING		VIRTUAL CYCLING
13:15	PILATES	CROSS WOD	CYCLING				
13:30				HYBRID WOD		VIRTUAL CYCLING	
13:45					V-MIND		
14:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
15:00							
15:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
16:00							
16:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:00							
17h30	PILATES	HYBRID WOD	HYBRID WOD			VIRTUAL CYCLING	
17h45							
18:00	ABS	V-POWER	V-BURN	CYCLING	ABS		
18:15	GAP				V-BURN		
18:30	HYBRID WOD	CYCLING					
18:45				CROSS WOD			
19:00	CYCLING	ABS	3B	ABS	ABS		
19:15		3B	CYCLING		CYCLING		
19:30				PILATES			
19:45							
20:00	V-POWER		PILATES				
20:15		DANCE					
20:30	VIRTUAL CYCLING	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	CYCLING	COREOGRAFIA
CORPO E MENTE VIRTUAL	CYCLING VIRTUAL	FUNCIONAL
CARDIO	TONIFICAÇÃO	ABDOMINAIS
CARDIO VIRTUAL	TONIFICAÇÃO VIRTUAL	

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