



MAPA DE AULAS

VIVAGYM ALMIRANTE REIS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:15	GAP	PILATES	CYCLING	V-POWER	HYBRID WOD		
08:00	ABS	ABS	ABS	ABS	ABS		
08:30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:00	ABS	ABS	ABS	ABS	ABS	V-POWER	
10:15							HYBRID WOD
10:30	PILATES		PILATES		V-POWER		
11:00						V-FIGHT	PILATES
11:15		CROSS WOD		CROSS WOD			
12:00		V-POWER	CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	V-MIND			V-BURN	3B		
12:45			DANCE				
13:00	CYCLING	V-MIND			V-POWER		
13:15	V-FIGHT			V-FIGHT			
15:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
16:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	ABS	V-MIND	ABS	ABS	ABS	VIRTUAL CYCLING	
17:45	CROSS WOD		HYBRID WOD				
18:00	V-POWER	V-BURN		V-POWER			
18:15		CYCLING	ZUMBA				
18:30	CYCLING		CROSS WOD				
18:45		V-POWER		V-BURN			
19:00	3B		CYCLING				
19:00	HYBRID WOD						
19:15			V-POWER		DANCE		
19:30				ZUMBA			
19:45	ZUMBA	V-FIGHT					
20:15			PILATES		V-FIGHT		
20:30	PILATES	DANCE		PILATES			
21:00	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	ABDOMINALES
CARDIO VIRTUAL	TONIFICAÇÃO VIRTUAL	

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