



# MAPA DE AULAS

## VIVAGYM CAMPO PEQUENO



DATA DE INÍCIO: 1/09

| INICIO | SEG             |         | TER             |         | QUA             |         | QUI             |         | SEX             |         | SÁB             |        | DOM             |        |  |
|--------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|---------|-----------------|--------|-----------------|--------|--|
| 07:00  | V-POWER         | E1 30'  |                 |         |                 |         | FIT MOVES       | TOS 45' |                 |         |                 |        |                 |        |  |
| 07:15  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | V-MIND          | E1 45'  | VIRTUAL CYCLING | E2 45'  | V-POWER         | E1 45'  |                 |        |                 |        |  |
| 07:30  |                 |         | V-FIGHT         | E1 45'  |                 |         |                 |         |                 |         |                 |        |                 |        |  |
| 07:45  | V-BURN          | E1 30'  |                 |         |                 |         |                 |         |                 |         |                 |        |                 |        |  |
| 08:30  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |        |                 |        |  |
| 09:15  |                 |         |                 |         |                 |         |                 |         |                 |         |                 |        | PILATES         | E1 45' |  |
| 09:30  | 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  |                 |         |                 |         |                 |         |                 |         |                 |         |                 |        | V-BURN          | E1 30' |  |
| 10:30  |                 |         |                 |         |                 |         |                 |         |                 |         | 3B              | E1 45' |                 |        |  |
| 11:30  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | STRETCHING      | E1 45' |                 |        |  |
| 12:15  |                 |         |                 |         | GAP             | E1 45'  |                 |         | PILATES         | E1 45'  | VIRTUAL CYCLING | E2 45' | VIRTUAL CYCLING | E2 45' |  |
| 12:30  | CROSS WOD       | TOS 45' | V-MIND          | E1 30'  | FIT MOVES       | TOS 45' | PILATES         | E1 45'  |                 |         |                 |        |                 |        |  |
| 13:00  | GAP             | E1 45'  | CYCLING         | E2 45'  |                 |         |                 |         | FIT MOVES       | TOS 45' |                 |        |                 |        |  |
| 13:15  | CYCLING         | E2 30'  | HYBRID WOD      | BOX 30' | STRETCHING      | E1 45'  | HYBRID WOD      | BOX 30' | GAP             | E1 45'  |                 |        |                 |        |  |
| 13:15  |                 |         | ZUMBA           | E1 45'  | CYCLING         | E2 45'  |                 |         |                 |         |                 |        |                 |        |  |
| 15:30  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45' |                 |        |  |
| 16:30  | 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  | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' |                 |        |                 |        |  |
| 17:15  | V-POWER         | E1 30'  | 3B              | E1 45'  |                 |         | 3B              | E1 45'  | V-POWER         | E1 30'  |                 |        |                 |        |  |
| 17:30  |                 |         |                 |         | V-POWER         | E1 30'  |                 |         |                 |         |                 |        |                 |        |  |
| 18:00  | ZUMBA           | E1 45'  | V-POWER         | E1 30'  |                 |         | V-BURN          | E1 30'  | V-FIGHT         | E1 45'  |                 |        |                 |        |  |
| 18:15  | HYBRID WOD      | BOX 30' |                 |         | PILATES         | E1 45'  |                 |         |                 |         |                 |        |                 |        |  |
| 18:30  |                 |         | CROSS WOD       | TOS 30' |                 |         |                 |         |                 |         |                 |        |                 |        |  |
| 18:45  |                 |         | V-BURN          | E1 30'  | FIT MOVES       | TOS 45' | HYBRID WOD      | BOX 30' |                 |         |                 |        |                 |        |  |
| 19:00  | CYCLING         | E2 45'  |                 |         | CYCLING         | E2 30'  |                 |         |                 |         |                 |        |                 |        |  |
| 19:00  | PILATES         | E1 45'  |                 |         |                 |         | V-POWER         | E1 45'  |                 |         |                 |        |                 |        |  |
| 19:15  |                 |         | CYCLING         | E2 45'  | V-POWER         | E1 45'  |                 |         | ZUMBA           | E1 45'  |                 |        |                 |        |  |
| 19:30  |                 |         | ZUMBA           | E1 45'  |                 |         |                 |         |                 |         |                 |        |                 |        |  |
| 19:45  | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' | ABS             | TOS 15' |                 |        |                 |        |  |
| 20:00  | GAP             | E1 30'  |                 |         |                 |         |                 |         |                 |         |                 |        |                 |        |  |
| 20:15  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | ZUMBA           | E1 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |        |                 |        |  |
| 21:30  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  | VIRTUAL CYCLING | E2 45'  |                 |        |                 |        |  |



# 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 APÓS 5 MINUTOS DO INÍCIO 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](http://www.vivagym.pt) OU APP