



MAPA DE AULAS VIVAGYM CARCAVELOS



DATA DE INÍCIO: 1/09

INÍCIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	V-POWER	CYCLING		CYCLING			
07:15			HYBRID WOD		HYBRID WOD		
08:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
09:00	VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING	V-MIND	VIRTUAL CYCLING
10:00	ABS	ABS	VIRTUAL CYCLING	GAP	ABS	VIRTUAL CYCLING	VIRTUAL CYCLING
10:00	VIRTUAL CYCLING	GAP	V-POWER	ABS	VIRTUAL CYCLING	V-POWER	V-BURN
11:00	V-POWER	PILATES	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	CYCLING	V-POWER
12:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12:15	3B	V-POWER	CYCLING	V-FIGHT	CROSS WOD		
13:00	PILATES	V-BURN	CROSS WOD	V-POWER	3B	VIRTUAL CYCLING	VIRTUAL CYCLING
13:00	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
17:00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	ABS	VIRTUAL CYCLING	
18:00	ZUMBA	ABS	YOGA		VIRTUAL CYCLING		
18:00	ABS	V-FIGHT	ABS	3B	V-POWER	VIRTUAL CYCLING	
18:30	CYCLING			CYCLING			
19:00	ABS	3B	HYBRID WOD		V-FIGHT	VIRTUAL CYCLING	
19:00	V-POWER	CROSS WOD	V-POWER	ZUMBA	ABS		
19:00	HYBRID WOD	VIRTUAL CYCLING			VIRTUAL CYCLING		
20:00	ABS	PILATES		V-POWER	V-MIND		
20:00	YOGA	ABS	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
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 INÍCIO 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