



MAPA DE AULAS VIVAGYM CASCAIS



INICIO	SEG	TER	QUA	QUI	SEX	SÁB	DOM
07:00	HYBRID WOD	BOX 30'					
07:15		CYCLING	V-POWER	CYCLING	HYBRID WOD		
07:30	CROSS WOD	TOS 30'					
08:00	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING		VIRTUAL CYCLING		
08:15		ABS		ABS			
09:00	V-BURN	E1 45'	V-POWER	V-FIGHT	V-POWER	CYCLING	VIRTUAL CYCLING
09:15	ABS	TOS 15'		ABS			
09:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING	
10:00	3B	HYBRID WOD	3B	HYBRID WOD			VIRTUAL CYCLING
10:15	PILATES	E3 45'	PILATES				
10:30		V-MIND		YOGA	V-MIND	V-POWER	
10:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
11:00	ZUMBA	E1 45'	ZUMBA				VIRTUAL CYCLING
11:15						V-MIND	
11:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	
12:30				PILATES			VIRTUAL CYCLING
13:00	V-POWER	E1 45'	V-BURN	V-POWER	CYCLING		
13:30		V-MIND					
16:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
17:45		YOGA					
18:15	V-MIND	E3 45'	ZUMBA				
18:15	3B	E1 30'		V-POWER			
18:30	ABS	TOS 15'	V-POWER	V-BURN	YOGA	V-FIGHT	
19:00	CYCLING	E2 45'	PILATES	CYCLING	ABS	CYCLING	
19:15	HYBRID WOD	BOX 30'	V-FIGHT	HYBRID WOD	V-FIGHT	V-POWER	
19:15	ZUMBA	E1 45'	CYCLING	V-BOXING			
19:30	V-POWER	E1 45'		V-POWER	CYCLING	HYBRID WOD	
19:30				PILATES			
20:00		CROSS WOD		CROSS WOD			
20:00		DANCE					
20:15	V-BOXING	E3 45'					
20:30	VIRTUAL CYCLING	E2 30'	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
21:00	VIRTUAL CYCLING	E2 30'	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